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VOLUME 22, NUMBER 39

WEDNESDAY, MAY 20, 1998

FIFTY CENTS



John Freese photos

Students get a taste of aviation

Above, Granite City High School students, from left, Gabriela Brigas, Jim Smith and Melissa Smith look over one of the helicopters at Helicopters Inc. at the Parks Downtown Airport. The students were touring the hangars of the company as part of the job shadowing program offered by the high school, businesses and other organizations in the community. At right, Fred Harms, director of the FAA Flight Standards Service office at Lambert-St. Louis Airport, takes a group of GCHS students on a tour of the Hangars of Helicopters Inc.



'A special day' for Granite City schools

Renovated high school is rededicated

By Scott Kelly
Staff writer

The halls may look different, but the spirit remains as strong as ever.

On Sunday, Granite City School District #9 officials rededicated the newly renovated high school. The \$4.4 million project came in under budget and ahead of schedule.

The renovations were necessary to make the old building up-to-date and unified in its electrical and plumbing systems and accessibility, to fix all the leaks and to turn the 1920 structure with its various additions into a smoothly functioning high school.

Several past and present members of the school board and various school officials joined community leaders and alumni Sunday afternoon in one of the most vital aspects of the renovations, the new atrium.

Five years ago, the space across from the main office was open to the sky, a walkway between two sections of the building. Now it serves as a comfortable assembly hall.

During the dedication ceremony, the high school PEP Band led the assembled guests in a chorus of the school's fight song. Numerous individuals involved in all aspects of the renovations were recognized for their efforts. Afterward, people were free to roam the halls to relive old memories and to see for themselves the high school's new look.

"This is a special day for me, not just as principal of the high school, but as a member of this community," said R. William Rotter. "I first came to the high school as a student in the 1960s. Like many of you, I've seen many changes over that time."

"I'm thankful to live in a community which values education to the extent of passing the bond issue for this renovation by an overwhelming 78 percent," he said.

R. William Rotter
GCHS principal

"I'm thankful to live in a community which values education to the extent of passing the bond issue for this renovation by an overwhelming 78 percent," he said. Rotter thanked the boards of education both past and present who supported the project, as well as those who in effect took on second jobs during the planning and construction periods to make certain everything came out right. He also thanked past and present school officials and the high school's custodians.

"My sincere thanks to the teachers and the students who lived through the inconveniences of renovating the building, while they were trying to teach and learn," Rotter said. James Noeth, president of the board of education, said it was a time for all to breathe a sigh of relief.

"There were some times in there that we wondered whether everything was going to be met," Noeth said. "We promised you we would bring this building in at cost — we did, and we even added a few features."

See SCHOOL, Page 2A

The whole world will be watching

Gateway race will have economic impact of \$7 million

By Scott Cousins
Staff writer

When the checkered flag waves to start the Motorola 300, the whole world will be watching.

And those who choose to watch it at Gateway International raceway in Madison will be spending.

According to figures from the Southwestern Illinois Tourism & Convention Bureau, the economic impact of the three-day race event with trials beginning Thursday and race day Saturday — will be about \$7 million.

That is part of the total economic impact of \$43.4 million predicted for the entire racing season at Gateway, which includes four major events drawing an expected 400,000 fans.

Of those, about 60 percent — 240,000 people — will be from out of town, taking up hotel space throughout the area. Many of those people — especially ones from out of the country — will be spending at least a few days in the area, spending money at hotels, restaurants and other attractions.

"I think the restaurants and everybody else around here ought to fill up their

"I think the restaurants and everybody else around here ought to fill up their pantries and put on there smiles, because there is going to be a lot going on."

Mark Westhoff
Tourism director

pantries and put on there smiles, because there is going to be a lot going on," said Mark Westhoff, executive director of the bureau.

Westhoff said the racetrack's impact is part of a general boom in the tourism industry throughout Southwestern Illinois.

"The phone calls and requests for information seems to be about double or triple that in the past," he said. "We're anticipating a pretty heavy year. When I look at what's happened in the last three years, it's phenomenal."

He said that growth has led to a large rise in the number of hotel and motel rooms available in the Metro East.

He said new hotels are in operation in Caseyville, Collinsville and O'Fallon, and more are planned.

He said the Illinois region has about 6,000 rooms, and that number could easily double.

"We could continue another three or four years (at this growth rate) before we are saturated," he said.

Chris Mayer, general manager of the Holiday Inn in Collinsville, said the race track's impact has been "fantastic."

"Race day and race week is really big for us," he said. "They pretty well sell out the whole hotel and the whole area."

In addition to the direct economic impact, massive publicity for the St. Louis region is generated by the race.

"More than any other race we do, this had global reach," said GTR spokesman Pete Wickham. "So literally what happens here goes all over the planet."

By last week, he said about 350 media representatives had been accredited for

See RACE, Page 7A

Police dogs continue to prove their worth

By Kim Haas
and Scott Kelly
Staff writers

Not only do police officers have to be ready for anything, but so do their canine partners.

"We're always doing something — whether it's drug hides or obedience training," said Fairview Heights K-9 Officer Mike Hoguet.

Fairview Heights is just one of the many local police departments with a K-9 unit.

"The suggestion originated in the patrol division, where they thought they might need a dog for assistance," said Fairview Heights Police Lt. Jim Dauphin.

Fairview Heights started their first canine unit in 1995 with Hoguet as the original officer. Hoguet works with a 4-year-old German shepherd,

K.C.

The Granite City Police Department has two officers with German shepherds. Sgt. Kurt Walkenbach's German shepherd is Bach, and Officer Don Hemmell's canine is Sparky.

Their training is intense and completed together, so both dog and handler act as a tightly-knit team. Both Bach and Walkenbach, for example, trained together for six months at the St. Louis Canine Police Academy and must undergo yearly training updates.

The Granite City unit often performs random drug searches at local and area schools, as well as demonstrations for students so they can see when they go up against a nose 3,000 times more sensitive than

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Granite City Journal

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By Scott Kelly
Staff writer

A Granite City man was in Madison County Jail Tuesday, being held on \$50,000 bail for allegedly pistol-whipping his wife.

Tony Ely, 40, of the 2700 block of Harding was arrested Monday and charged with one count of aggravated battery and one count of unlawful use of a weapon, which are felony charges.

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GCHS time capsule to be sealed May 22 — for 50 years

By Scott Kelly
Staff writer

Time is running out for the area organizations that are destined to be included in the Class of '98's section of Granite City High School's new time capsule display.

The display, now a permanent feature of the atrium located across from the school's front office, was completed in time for Sunday's ceremony.

Questionnaires, mailed by the Student Council, asked for each organization's name, motto, current officers, a brief history, a list of events that it sponsored in 1998, its view of Granite City today and its view of the future. Response time is waning by the minute.

The capsule will be sealed Friday, May 22 — the last day of school. Then this chance to become part of history will be gone forever.

or at least, until the Class of 2002 mails the questionnaires for its time capsule.

The quadrennial encapsulation idea was conceived by students Justin Hopper and Ike Newman, who pitched the idea to the board of education as something that every class can contribute to every four years, when a new capsule will be sealed in the display. The brick structure has room for 12 capsules.

The Class of '98's capsule will be opened in 2048, in order to help ring in the 50th anniversary of the newly renovated school's rededication.

The whole time capsule display is topped off by a 4 1/2-foot-tall statue of the "Warrior," the high school mascot. Granite City resident Tony Johnson, who in March donated his statue of a snarling tiger to Edwardsville High School, created the GCHS statue.



John Frese photo

School Superintendent Steve Balen addressed those gathered Sunday for the Granite City High School rededication ceremony.

Renovated high school rededicated

Continued from Page 1A

Noeth had high praise for Superintendent Steve Balen, whom he said used the talents of the whole community to put the project together. The bond issue of 1994 was passed because of people like those assembled Sunday, he said.

Balen said the district did that rather than tear the whole structure down, a project that would have cost between \$33 million and \$38 million.

"We didn't really want to completely do away with a building that was very functional and very serviceable," Balen said. For example, the foundation walls

are three feet thick and did not require hardening against earthquakes.

Balen joined in thanking various people for their support and hard work, and that included the community as a whole. When the bond issue passed in 1994, District 9 officials researched other bond races around the country. They discovered that not one in the country received an approval rating of 78 percent of the voters.

"We knew we were on the right track. We knew this high school was going to be completed," Balen said, and added that he played only a small part.

"We feel that this building

is going to bring us into the 21st century in fine fashion. Everyday, everything I see reinforces that notion," Balen said.

In preparation for Sunday's event, Balen reread Lincoln's Gettysburg address. He quoted part of it for the assembled guests, and said the community as a whole needs to dedicate itself to the mission of education.

"We have to dedicate ourselves, not just as professionals and board members or citizens, but we have to dedicate ourselves to the education process. That's what it's all about. That's what gives this building meaning," he said.



John Frese photo

Several of the GCHS students and Granite City residents who helped make the time capsule display come alive pose before their creation.

Deaf students have own Olympics

By Kimberly Haas
Staff writer

Deaf and hard of hearing students from local schools recently took their shot at being Olympic athletes. The first annual Deaf Olympics were held last week

at Longacre Park in Fairview Heights. For students like 10-year-old Eric Kenna, the clouds overhead didn't dampen their enthusiasm.

"Every hearing impaired teacher and hearing impaired student should come here," Eric said.

About 50 students joined together at the park, many were from Abraham Lincoln and West Haven schools in Belleville, Grant Middle School in Fairview Heights, and Neely and Lovejoy schools in East St. Louis. In addition, students serviced by itinerant teachers from the Belleville Area Special Services Cooperative (BASSC) participated in the Olympic event.

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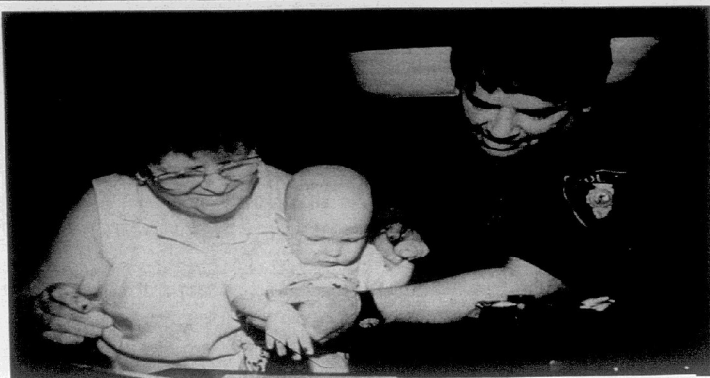
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Edna Bennett holds great-granddaughter Jayden Weathers while Lt. Dan McKinney of the Pontoon Beach Police Department fingerprints the infant. About 105 children were fingerprinted and photographed by the department Saturday as part of Project Kid ID.

Fingerprinting is for children

More than 100 take part in Pontoon program

By Scott Cousins
Staff writer

Eight-month-old Jayden Weathers was getting her hands dirty while great-grandmother Edna Bennett worked to keep the ink off their clothes.

Michael Ezell, 18 months, had found the toy stash while his mother Eileen looked at brochures.

They were among more than 100 children from the Pontoon Beach area to take part in Project Kid ID by the Pontoon Beach Police Department Saturday morning and afternoon.

During that time police officers fingerprinted and photographed children and gave out information on a variety of subjects ranging from drug abuse to

neighborhood watch.

Bennett had brought both Jayden and another great-granddaughter, Jordan DeRuntz, 2½.

"I thought it would be best to get their IDs made for them in case something would happen," she said. "And their parents were out of town."

"I think this is great," she said of the program. Lt. Dan McKinney, who serves as Pontoon Beach's juvenile officer, was in charge of the event.

"We're taking pictures, fingerprinting them and we have a lot of literature we're disseminating about drug abuse, gangs, child restraints, the new driving laws, alcohol and neighborhood watch," he said.

By 10:30 a.m., about 20

children had come through.

"It's early in the morning," he said. "It doesn't matter how many we get as long as we get some," he added. "More and more we're having problems with the kids being abducted or missing," he said.

In addition to the picture and fingerprints, the kit also contains information on how to obtain a DNA sampling kit. "It's the thing of the future," McKinney said.

The Village Board had approved purchasing two ID kits, which could handle about 300 children.

McKinney said whatever was left over from Saturday would be put to use later.

"Those we don't get today, if we're not busy and they come in, we'll be glad to do them on another day," he said.

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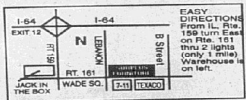
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Area gets publicity for development

By Scott Cousins
Staff writer

By Scott Cousins
Staff writer

Good news is starting to travel fast about development in the Metro East.

Several Midwest economic development publications have had cover stories dealing with development in Southwestern Illinois, said Jim Pennekamp, executive director of the Leadership Council.

Economic development professionals credit a combination of massive infrastructure investments and an aggressive marketing campaign with much of the activity.

The Leadership Council's annual Market Review and Investment Update—released in November—cited a nearly 60-percent increase in major commercial and industrial development totaling hundreds of millions of dollars.

"For the last 15 years we've had a heavy, heavy focus on transportation improvements that have prepared this area," Pennekamp said.

Over the past six years, according to the report, transportation projects totaling more than \$504 million have been completed in the area.

Those include the \$274 million Poplar Street Bridge rehabilitation and the \$114 million replacement of the Clark Bridge in Alton.

That has also been combined with a more aggressive marketing campaign.

"The national economy is hot, and companies are taking advantage of consumer spending and relatively low interest rates, so it's extremely important," said Pennekamp.

He said that now is the time to expand marketing communications both in the Midwest and nationally.

"The way we can do this best is go to real estate journals and economic development journals," he said. "In doing that we've had a number of responses from these publications—they're very interested."

Articles in Midwest Real Estate News, Illinois Real Estate Journal, Midwest Industrial Properties and the St. Louis Business Journal in April and May ranged from Gateway Commerce Center to Saugeat Industrial Park and MidAmerica Airport.

Five years ago we initiated the "East County" campaign with the tagline "If You Only Knew." That campaign was targeting the St. Louis side of the metropolitan area and was designed to raise awareness about the opportunities in Southwestern Illinois," said Pennekamp. "Now that our area has been discovered, we have expanded our marketing communications campaign to the Midwest and national business publications that reach site selection professionals."

A cover story in the Midwest Real Estate News about St. Louis credits new highways and low land prices for growth in Illinois. Saying the area was once known only for heavy industry, "completion of major infrastructure and roadways has opened the Metro east to new development."

The article goes on to review dozens of new projects in

Obituaries

Rick Rinehart

RICK L. RINEHART, 48, of Williamsburg, Mo., died Friday, May 15, 1998, at his residence.

Mr. Rinehart was born Feb. 20, 1950, in St. Louis. He was employed with American Disposal as a mechanic.

Survivors include his wife, Deborah (Beyer) Rinehart; mother, Wanda (Wahl) Rinehart of Mitchell; daughter, Wendy Dews of Hatton, Mo.; son, Richard "Bo" Rinehart Jr. of Williamsburg, Mo.; three brothers, Robert Rinehart of Edwardsville and Ron Rinehart and Dan Rinehart, both of Mitchell; six sisters, Judy Cooper of Olathe, Kan., Nancy Colbert, Penny Dummitt, and Pam Moran, all of Mitchell; Linda Brinkmeyer of Granite City, and Janet Rinehart of Arlington, Texas; and two grandchildren, Renee Dews of Hatton, Mo. and Brandon Dews of Hatton, Mo.

He was preceded in death by his father, Marvin "Bo" Rinehart. Services were Tuesday, May 19, at Thomas Chapel, 2205 Pontoon Road in Granite City, with the Rev. Michael Hart officiating. Burial was in Sunset Hill Cemetery in Glen Carbon.

Ruth Gibson

RUTH E. GIBSON, 68, of Granite City died May 13, 1998, at St. Elizabeth Medical Center in Granite City.

Mrs. Gibson was born Feb. 1, 1930, in Granite City. She was a member of the Bethesda Baptist Church.

Survivors include her daughter, Rose Marie Carr of Granite City; two brothers, Joe Zimmer of Utah, and Virgil Zimmer of St. Louis; two sisters, Ida Mercer and Eleanor

Cook, both of Granite City; two grandchildren, Steven of Granite City, and Gregory of Virginia; and three great-grandchildren, Justin, Katelynn, and Brandon, all of Virginia.

She was preceded in death by her husband, Jesse Gibson; and her parents, Elvy and Eleanor (Mullins) Zimmer.

Services were Monday, May 18, at Irwin Chapel in Granite City, with the Rev. Austin Fisher officiating. Burial was in St. John Cemetery in Granite City.

Joseph Partyka
JOSEPH F. PARTYKA, 80, of Port St. Lucie, Fla., died Tuesday, April 28, 1998, at Columbia Medical Center in Port St. Lucie.

Mr. Partyka was retired from Laclede Steel in Alton and other steel mills after 50 years. He was a member and usher of the First Baptist Church of Port St. Lucie and a U.S. Air Force veteran.

Survivors include his wife, Rosaline Partyka; one son, Jon Freeman of Gulfport, Miss.; three daughters, Janice Beard of Shreveport, La., Sall Watkins of Mandeville, La., and Jewel Bennett of Pearl, Miss.; three sisters, Matting Pollock of Plantation, Fla., Helen Gaddy of Granite City and Victoria Rorondi of Haverhill, Penn.; 13 grandchildren; and 12 great-grandchildren.

Services were April 30 at Roger L. Bryd Port St. Lucie Funeral Home.

with the Rev. Bryan D. Herrington officiating. Burial was in Natchez Trace Memorial Park Cemetery in Madison, Miss.

Memorials may be made to the First Baptist Church of Port St. Lucie Building Fund, 115 N.E. Solida Drive, Port St. Lucie, Fla. 34983.

Elizabeth Edwards
ELIZABETH J. "BETTY" (MALIK) EDWARDS, 69, of Granite City died May 16, 1998 at Barnes Hospital.

Mrs. Edwards was born Sept. 10, 1928, in St. Louis. She was a teacher in the Granite City School District, and a member of the Historical Extension Society, received lower degree from Washington University, Master Degree from SIUE.

Survivors include her sister, Anna Marie. She was preceded in death by her husband, Ray Edwards; her parents, Fred and Elizabeth (Novotny) Malik; and one son, Ray Edwards.

Visitation will be 4 to 8 p.m. today, Wednesday, May 20, at Irwin Chapel, 2801 Madison Ave., in Granite City.

Services will be 7-30 p.m. today.

Wednesday, May 20, at Irwin Chapel with the Rev. Joe Larsen and the Rev. Gary Manover officiating. Burial will be 10 a.m. Thursday, May 21, at St. Francis Cemetery in Jerseyville.

Memorials may be made to the American Diabetes Association.

Albert Hughes

ALBERT F. HUGHES, 67, of Granite City died May 13, 1998, at his residence.

Mr. Hughes was born July 2, 1930, on Taylorville. He had been employed by Granite City Steel as chairman and corrugator helper, attended Calvary Pentecostal Assembly, and was a U.S. Navy veteran.

Survivors include his wife, Mary Ann (Stark) Hughes; his mother, Beatrice (Reynolds) Hughes; three sons, Albert Hughes Jr. and Tommy Hughes both of Granite City, and Everett Hughes of Swansea; two daughters, Patricia Skuggs and Janica Hughes both of Granite City; two brothers, Everett Hughes of Marl Hill, Mo., and Bill Hughes of Granite City; three sisters, Marlene

Issac and Iriana Gilliam both of Steelville, Mo.; and Irene Brown of Granite City, and Marie James of Marl Hill, Mo.

He was preceded in death by his father, Virgil Hughes; and two brothers, Virgil Hughes and Harold Hughes.

Services were Saturday, May 16, at Calvary Pentecostal Assembly in Granite City, with the Rev. Harold Maynard officiating. Burial was in Sunset Memorial Estates in Glen Carbon.

Memorials may be made to the family.

Mildred Joyce

MILDRED (PALMER) JOYCE, 84, of Belleville died Sunday, May 17, 1998, at Rosewood Care Center in Swansea.

Mrs. Joyce was born May 8, 1914. She was owner and operator of Millie's Club in East St. Louis.

Survivors include her son, Michael Joyce of Mayville. Services were held Tuesday, May 19, at Kasky Mortuary Chapel in Springfield, Mo., with the Rev. Lloyd Misha officiating. Burial was in St. John's Cemetery in Collinsville.

Memorials may be made to the Catholic Social Services.

Harold Hawkins
HAROLD H. HAWKINS, 77, of Collinsville died May 15, 1998, at Lafayette Grand Hospital in St. Louis.

Mr. Hawkins was born Sept. 9, 1920, in Morehouse, Mo. A delivery man for Beedle Wholesale in East St. Louis, he later owned and operated H and D Distributing Co. in Collinsville and ran Green Acre Plants in Collinsville.

Survivors include his wife, Florence (Treci) Hawkins; one daughter, Linda Williams of Mayville; and one brother, Earl Hawkins of Troy.

Services were held Tuesday, May 19, at St. Peter and Paul Catholic Church in Collinsville, with the Rev. Michael Jenkins officiating. Burial was in St. Peter and Paul Cemetery in Collinsville.

The Journal will publish obituaries up to two weeks following the funeral services. Although most obituaries are received from local funeral homes, obituary notices can be sent to the newspaper.

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Costello says DARE programs useful

By Jason White
Staff writer

U.S. Rep. Jerry Costello, D-Belleville, defended the Drug Abuse Resistance Education program at the Cahokia School District's sixth-grade DARE graduation Friday.

DARE started in 1982 as a federal initiative to educate youth on the dangers of drug

and alcohol abuse. In the program, local law enforcement officials teach classes on the consequences of drug abuse, as well as on how to handle peer pressure, manage stress and build self-esteem.

Critics cite rising numbers of teens abusing tobacco, alcohol and illegal drugs as evidence of DARE's failure.

But Costello said DARE has

been a success in the Metro East and southern Illinois.

"It was never intended to be a prevention program... but it was intended to be an awareness and education program, and I believe it has been very successful here," Costello told about 500 students, district personnel and others at the graduation.

"The young people who participate in the DARE

program... will be the leaders of tomorrow because of the commitment they have made today," he said. "We need to be responsible citizens — responsible for our individual actions."

In letters to St. Clair County Sheriff Mearl Justus, sixth-grade students said what they learned from classes taught by DARE officer Deputy Dwayne Cotton.

"I learned how other people try to be like other people and get in lots of trouble," Centerville student Jacqueline Allen wrote.

"It teaches you which way is the best way to say 'no' in certain situations," Lalumier student Amber Kirchoff said.

"Cigarette smoking is the most preventable cause of death in the United States," Jerome student Ashley Harris said.

Cotton said he was proud of the students.

"These kids, they've worked hard," he said. "They've been committed and diligent."

"We know, in this area, DARE is working and it is making a difference," he said.

Wallace is accepted

Corey Wallace, a senior at Granite City High School, has been formally accepted for admission to MacMurray College in Jacksonville.

Corey will continue his soccer career at MacMurray playing under the guidance of Coach Bill Killen. He has been requested to start practicing with MacMurray's soccer team on August 15, with classes to begin in early September.

Paramedics, EMTs and E.R. Personnel delivering lifesaving emergency care.

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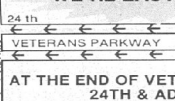


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Dogs provide big help to police agencies

Continued from Page 1A

theirs, they will lose every time.

The Swansea Police Department started their K-9 Unit about six years ago. The department currently has two K-9 officers and two dogs. Ron Thompson was one of the original officers and is now joined by officer Cheryl Venorsky.

Venorsky joined the K-9 Unit earlier this year. Her 10-month-old German shepherd, Kasey, is currently in training in Georgia.

The training has been delayed because of the adverse weather conditions in Georgia.

"A tornado struck about a mile from where they are," Venorsky said. Kasey will join Thompson's 7-year-old Belgian Malinois, Baron. Venorsky is also trained to handle Baron. However, both officers say they work with Baron differently but Baron is trained to handle

the differences.

"He's a seasoned dog. He works very well between the both of us because he enjoys what he's doing," Venorsky said. The department plans to have Kasey back from her initial training by the end of the month.

After her return, she'll have to be trained for several more months on tracking and bite work, Venorsky said. The canines are used on several different occasions, from checking out alarms to detecting narcotics. The dogs are also used for tracking suspects after they have fled from a crime scene.

In one recent incident, Granite City's Hemphill and Sparky were called to Prather Elementary when a robbery was in progress.

One suspect surrendered, but the other — already a fugitive from the Missouri Department of Corrections — ran. Sparky caught him hiding in some weeds. In another recent incident, one of the Granite City dogs tracked down a running

suspect wanted for attempting to abduct his wife.

"There have been a number of instances, including home burglaries, where K.C. has been able to track the direction (of the suspects)," Dauphin said.

There is also one unexpected use for the canines, Dauphin said. "We didn't anticipate using them as a public relations tool," he said. "They're used for demonstrations for schools and organizations."

After much training, both the officer and the canine can judge each other's reactions in certain situations.

"If I'm nervous, the dog is going to be nervous," Hoguet said. "I can pick up when he's not feeling good and he can pick up when I'm not feeling good. If he turns aggressive, I'll turn aggressive. He seems to know exactly what I'm thinking."

Area getting publicity for development

Continued from Page 3A

Madison and St. Clair counties. The May 18-24 edition of the St. Louis Business Journal devoted 12 pages to Southwestern Illinois, covering developments ranging from Gateway International Raceway to MidAmerica Airport.

In its April 27 edition, the Illinois Real Estate Journal's cover story refers to Gateway Commerce Center as a "sleeping giant," and goes on to discuss the new Dial Corp. distribution center.

The 800,000-square-foot building — located on Illinois 111 north of Interstate 270 — will handle approximately 40 percent of the company's domestic product distribution, said Dan King, Dial's senior vice president of product supply distribution.

It can hold 4.5 million cases of product. More than 26 million cases will be shipped through the facility yearly.

The state-of-the-art warehouse employs 21 people and uses computer technology to track and sort products ranging from Dial soap to Armour Star canned meats. Pennekamp said the significance of the Dial Corp. distribution center "cannot be overstated."

Man charged with beating wife

Continued from Page 1A

St. Elizabeth Medical Center. Meanwhile, Ely had taken the children and driven off. Officers put out a report on the Illinois State Police.

Emergency Radio Network to look for Ely. Pontoon Beach police stopped Ely at Illinois 111 and Horseshoe Lake Road, where Granite City police arrested him. Police found a .38 bullet in his pocket.

The responding officer interviewed a nearby resident, who also said that while Ely was sitting on the victim, he heard four "clicks," as if Ely had pulled the trigger on an empty weapon.

Ely remained in custody Monday. If convicted, he could face up to 14 years in prison.

Race will have major impact

Continued from Page 1A

the race. In addition to U.S. coverage, teams from Brazil, Mexico, Canada, Finland, Italy and Japan had already confirmed they were coming. Wickham said there would also be a group of national media flying in from Indianapolis, where the Indianapolis 500 is set for Sunday.

"Literally the whole world is watching us," he said. "You take it in stride; you let the product speak for itself."

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Prather Elementary PTA members Teresa Kohnskey, left, and Marsha Hare, pose with Mal, Kip Pomeroy of the Granite City Police Department. The Prather PTA made a donation to go specifically for the department's canine fund. One of Granite City's canines recently helped stop a burglary at Prather.

Time for step 2 in Frank's Lawn Care Program for a lush, healthy lawn

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This is what is applied now, normally around Memorial Day. Weed & Feed will provide all the nutrients your lawn needs until step 3. In addition, it kills dandelions and a host of other unsightly weeds.

that have sprung up. End result: A beautiful, thick turf that you'll be proud of.

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This is applied around July 4th. It's loaded with nutrients to help your lawn survive the hottest part of the summer. One application will give the lawn all it needs until...

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Applied around Labor Day, when your lawn is storing up the energy it will need to survive the winter, this product helps the lawn do exactly that.

Missed out on the spring application of Crabgrass Preventer & Lawn Food? You can continue with the remainder of the program, starting now. If you have already purchased the Crabgrass Preventer & Lawn Food, it will be okay to use next year, provided you store it unopened, in a cool, dry place.

If you have an old spreader that hasn't been pressed into service for a while, haul it out and give it a going-over. A little oil or WD-40 here and there can go a long way in freeing up stuck parts. Lubricate only the wheels or handle assembly, however. Try not to get the oil into the hopper area that will be full of fertilizer.

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Trustees approve tuition, fees, housing hikes at SIU

By Linda N. Weller
Telegraph staff writer

Trustees at Southern Illinois University agreed Thursday to raise tuition, fees and housing rates overall by 3 percent for

the 1999-2000 school year. Trustees voted unanimously for the increases except for a \$10 rise in the intercollegiate

athletic fee for Carbondale students. Student Trustee Patrick Kelly voted against increasing the fee from \$68 to \$78 per semester, saying the athletic department should better manage its budget, which has a deficit.

The other student representative, Joe Arana, abstained from voting. "It is shocking to me that we can't offset some of these costs with sponsorships," he said.

Jim Hart, director of intercollegiate athletics, said a new basketball coach and a relatively new football coach should generate more fan enthusiasm and ticket sales. Hart also told trustees the Saluki football team can

generate \$50,000 for the university by playing such big universities as Kansas and Illinois.

The trustees met at the School of Dental Medicine in Alton.

In board action, the trustees raised the following fees for students on the Edwardsville campus for 1999-2000: Student welfare and activity fee, from \$55.90 to \$56.15; textbook rental fee, from \$60.50 to \$62.50; University Center fee, from \$85.50 to \$90.40; student-to-student grant fee, \$2.75 to \$3; and Student Fitness Center fee, \$44.60 to \$45.95.

Trustees also approved a four-year tuition and fee plan, locking in rates for 1998-99 and

1999-2000 and projecting rates for the following two years.

Under the new rates, in August 1999, full-time undergraduate students in Edwardsville will pay \$62.40 more in tuition — costing \$2,143 — and \$122 more for room and board, which will be \$4,188. Including fees, total cost that year for undergraduates will be \$6,932, compared to \$6,730 in 1998-99.

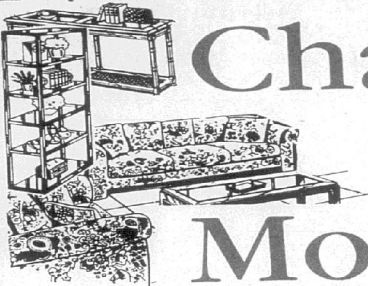
In other business, trustees amended five university policies or guidelines. Among the changes are: allowing an all-campus honorary doctorate; expanding tuition waivers for children of seven-year employees from just SIU to waivers at all state universities, which complies with a new state law; broadening the university's electronic information systems privacy and ethics policy to include the Internet.

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Today's Food

Today's Food on-line, www.yourjournal.com



Heart-y Bites
Fruit lovers see red

See Page 2

Food & Nutrition

Wise Ways

Variety not only gives healthy eating balance, but keeps good-for-you foods enjoyable.

INSIDE

Blue Ribbon Cook

Appetizer with ham steps up early, but leaves winning effect.

INSIDE

Test Run

Flavor, flavor, flavor is the common trait of new salad dressings that offer bonus points, like being low in fat or doubling as a marinade.

INSIDE

Micro Raves

Mustard and ketchup send grilled hamburger fans to first base, but other flavorful and easy toppings hit home runs.

INSIDE

Lively Taste

In refrigerator, marinate cubes of boneless, skinless chicken breast and chunks of red onion, squash and bell pepper in a mixture of 1/2 cup white wine, 1/4 cup lime juice, 1/4 cup oil, 2 cloves garlic (minced), 1 jalapeno pepper (seeded and finely chopped), 2 tablespoons chopped fresh cilantro, 1/2 teaspoon salt and 1/2 teaspoon pepper about 1 hour. On skewers, broil or grill meat and vegetables, alternately arranged, using drained marinade that has been boiled 5 minutes to taste occasionally.

Health & Fitness

Medicine Chest

New over-the-counter strategies may ease persistent migraines.

INSIDE

Fresh Picks

Although El Nino is an old story, its backlash continues. Anyone who offered to bring salad to a recent graduation party felt it in the wallet. Gaps in availability continue to plague farmers, such as growers of romaine and leaf lettuce and broccoli. Both acreage and yield of Vidalia onions is down, particularly in the shadow of last year's bumper crop; a new feature is sticker identification of the onions as 'sweet' or 'extra-sweet.' Spring artichokes from California number about half the normal amount.

Big Fat Tip

Even a once-a-week breakfast of eggs need not be excessive in fat. Instead of cooking in gobs of fat, use just enough to grease or coat a skillet with nonstick cooking spray. A nonstick skillet eases the job, too. Crack an egg open into the pan, add a teaspoonful of water and cover the pan. While heat from the range cooks the bottom, steam cooks the top of the egg. Get the most bang for the nutrient buck with plenty of high-carbohydrate and fiber-rich veggies and grains. While they are not high in calories, their toppings can be. For instance, if high-fat sour cream is a temptation, use a dollop instead of a glob, or sprinkle a few shreds of sharply-flavored cheese on top instead of using a chunk or thick slice of mild cheese.

Future Shop

It's not a race of Kentucky Derby magnitude, but there is competition in the confectionery aisle between gum and mints. They sit on the same shelf, but often compete to win the inside edge into shopping baskets. Strong flavors gave muscle to 1997's numbers for mints, while lagging interest in sugar-free varieties for part of the year weakened numbers for gum.

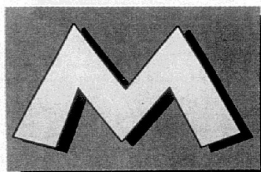


Grate



Grilling

By Janice Denham
Staff writer



The mildness of turkey, coupled with its familiar flavor, makes it a natural for pairing with another easy-to-eat food, potatoes. They can fly for their own flavor or soar with sassy pick-me-ups.

Potatoes may not be as lustrous as other spring produce, but they are a tasty mainstay. Cooks usually consider new potatoes to be small and red, but it is not size or color, but their thin skin that is the assurance they are new.

They can be big or small, red or white. They cook in less time than older stored potatoes and their flavor all the way through the thin skin is significant without needing cover from toppings and sauces.

Here are quick ideas for working with their flavors:

- Just rinse new potatoes under running water to loosen dirt. Do not peel or scrub.
- To heighten turkey's mild flavor, use a marinade, which always includes an acidic ingredient, like lemon juice, wine or vinegar. Allow 1/2 cup marinade for every pound of turkey. Use a glass or plastic container or a resealable plastic bag — not metal — for marinating.

- Try pickle or pickled pepper juice in place of vinegar for a marinade. Mix 2/3 cup juice with 1/3 cup oil and crushed garlic. The longer foods marinate, the zingier the flavor, but meat should not be marinated longer than about 12 hours or its texture declines.

- To keep lower-fat foods from sticking when they are grilled, coat the grate with nonstick cooking spray or lightly oil it before starting the fire or turning on the heat.

- When turkey is done, judged by a meat thermometer, the internal temperature of breast meat is 170 degrees, dark meat is 180 degrees and a turkey burger should reach 160 to 165 degrees.

- For hot baked potatoes in flavor and temperature, chop 4 pickled pepperoncini or other peppers in small pieces. Mix the pepper with 1 cup sour cream; 2 scallions, snipped in small pieces; 4 slices turkey bacon, cooked until crisp and crumbled, and 2 ounces blue cheese, crumbled. Chill 1 to 2 hours. Mix with the flesh of 4 oblong new potatoes, still hot from baking. Spoon the mixture back into shells of potato halves.

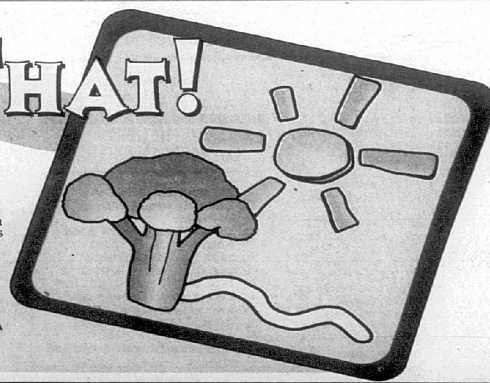
- For more creative ways to prepare turkey on a grill, send a stamped, self-addressed, business-size envelope to: Grilling

See GRILLING, inside TODAY'S FOOD Page 2

PICTURE THAT!

Kids' Cuisine

Let kids use a square dish or tray, or fashion one with aluminum foil over a piece of cardboard. Kids paint an edible picture by laying broccoli florets (cut flat on one side) on the dish for trees, a yellow squash or carrot round and sticks for the sun, cauliflower pieces for clouds and leafy celery sticks and carrot curls on top of celery sticks for flowers. A bit of dip on one side can 'glue' the pieces to the plate before they are served or eaten, or a dollop of it becomes a cloud, too.





A sampling of new salad dressings yields a wide array of flavors.

Test Run

Salad values depend on taste of the beholder

Salad dressing flavors are as varied as May temperatures. They hold fruit, like Hellmann's raspberry vinaigrette, and Oriental seasonings, as in the new Wish-Bone variety. Like with Kraft's Caesar Italian, they also extend Caesar salad dressing diversity.

The fat-free raspberry dressing gained new fans in the tasting. "The raspberry dressing was delicious. It doesn't taste fat-free and is a great change of pace. I had not purchased it because I was afraid it would taste 'diet.' I will buy it now," a taster said.

Others commented on its fruitiness. One called it "sharp and a little sweet," while another voiced surprise over a "true" raspberry flavor, because she had encountered raspberry dressings that tasted more like vinegar than fruit.

One tester, who does not find vinaigrette dressing tempting, tried it because "it looked rich

and had a nice smell." On the other hand, it did not change the minds of those who prefer creamy dressing. One called the fruit flavor too "strong and sweet, almost syrupy."

The same person chose Oriental salad dressing as her favorite of the three offered.

"The flavor was very good, kind of smoky, a combination of soy sauce, teriyaki sauce and other spices mixed in," she said.

She noticed it had more fat than the other two, with 5 grams per 2-tablespoon serving, but less than most traditional salad dressings.

"The Oriental is very surprisingly tasty," another taster said. "It adds variety to the ho-hum choices families might generally have in their refrigerators." Its suggestion and recipe on the back of the bottle for use as a marinade was noticed.

"I've used the Oriental (dressing) and think it makes a better marinade

with pork and chicken than a salad dressing," a tester said.

Another thought her family would give it a try "as we try most anything as a marinade, especially this time of year."

A tester of the Caesar Italian found it unlike her expectations, because it was unlike the creamy Caesar salad dressings to which she'd grown accustomed.

She called it "a salad dressing with a confused personality. It can't decide whether it wants to be Italian or Caesar."

Another called it "nicely tangy." As a fat-free dressing, she liked it as an alternative to creamy varieties.

"I have a bottle of this unopened in my pantry. I think it would make a good marinade. As a salad dressing, I'd add both more Italian seasoning and some shredded parmesan cheese to pull out the dual flavors," a taster said.

Micro Raves

Top punctuates burger with exclamation points

By Barb Gray
Correspondent

Hamburger or ground beef is a mainstay of many households because it is tasty, inexpensive and adapts to a variety of dishes from everyday burgers to meatballs in distinctive sauces, stuffed vegetables, filled breads and hearty full-meal casseroles.

"Hamburger" designates ground beef. By itself, it usually is ground from less tender cuts. Different designations refer to grades and prices are determined by the cut of meat from which it is ground.

The amount of fat ground in the meat is not just a health issue. It also affects the degree to which meat shrinks during cooking. The less fat, the less time and extreme heat should be used for cooking.

Ground chuck is an all-around hamburger buy, meatier than plain ground beef, but with plenty of fat if distinct juiciness is a major concern. Gradations of leanness are marked on packages all the way to sirloin and "diet-lean."

Fresh ground beef should be a deep-red color with small flecks of white fat. Once it is home from the store, keep it in the coldest part of the refrigerator only one to two days. If freezing meat, it is best made into patties. Put a piece of freezer paper or aluminum foil between them for easy

separation. The microwave oven is an excellent tool for defrosting the number of patties desired. Separate and lay them on a microwave-safe plate, cover with waxed paper and cook on 30 percent power or the defrost cycle until they are almost thawed. Periodically move patties around the oven to avoid cooking the edges.

To finish cooking, cook the hamburger on medium (70 percent) power about 2 minutes per patty.

A pan-fried 4-ounce hamburger (four patties to a pound) has about 325 (well done) to 350 calories (medium), whereas 4 ounces ground round has 220 to 250 calories, not counting the bun and condiments.

Here are surprise toppings to serve with not-so-everyday hamburgers.

Certified family and consumer scientist Barb Gray specializes in microwave cooking.

TOPPINGS

Special Night Salsa: Peel and finely chop 2 medium tomatoes. Finely chop 1 medium red onion and ½ green bell pepper. Mix well with ½ teaspoon salt, 1/8

teaspoon black pepper, 1/8 teaspoon crushed red pepper and 1 tablespoon lemon juice or red wine vinegar. Refrigerate, covered, several hours or overnight.

Chili Onion Sauce: In 1½-quart microwave-safe casserole, mix 1 bottle (12 ounces) chili sauce, 1 cup water (fill chili bottle two-thirds full and rinse) and 1 package onion soup mix. Cook on high power 5 minutes, stirring twice.

Snappy Sour Cream: Mix together ½ cup sour cream, 1 tablespoon prepared horseradish and ½ cup finely chopped, tart red apple.

Chinese Topping: Drain 1 can (12 ounces) mixed Chinese vegetables or chop suey vegetables with 2 tablespoons soy sauce. Heat on high power about 2 minutes until just heated through. Makes enough for 12 hamburgers.

Herb Radish Topping: Mix well 1 cup finely chopped radish, 2 tablespoons minced green onion, 2 tablespoons minced fresh parsley, 1 tablespoon chopped fresh dill, and 1 to 2 teaspoons lemon juice or wine vinegar. Add 2 to 3 tablespoons mayonnaise, enough to moisten and bind ingredients.

Oriental Topping: Mix equal parts finely chopped water chestnuts and green onion with soy sauce to taste. Marinate 1 hour or longer.

Recipe

MARINATED SHRIMP KABOBS WITH CONFETTI RICE

¼ cup dry sherry
1½ tsp. lemon juice
1 clove garlic, crushed
1 tsp. finely minced parsley
8 oz. jumbo shrimp (8 or 9), peeled, deveined, with tails left on
1 can (8 oz.) pineapple chunks in juice
½ cup uncooked parboiled rice
6 cherry tomatoes, halved

2 green onions with tops, thinly sliced
2 tsp. soy sauce
1 tsp. (about) grated ginger

Combine sherry, lemon juice, garlic and parsley in shallow container. Add shrimp. Mix well. Refrigerate, covered, 3 to 4 hours, stirring occasionally.

About 30 minutes before serving, drain pineapple, reserving juice. Add enough water to juice to equal 1½ cups. Bring to boil in medium saucepan. Stir in rice. Cover tightly. Simmer 20 minutes.

Remove shrimp from mar-

inated, reserving marinade. Thread shrimp onto 2 skewers. Brush with marinade. Broil 4 to 5 inches from heat or on grill 3 to 4 minutes on each side until shrimp are cooked. Brush frequently with marinade.

While shrimp are cooking, remove rice from heat. Stir in tomato, onion, soy sauce, ginger and pineapple. Let stand, covered, about 5 minutes until all liquid is absorbed.

Serve kabobs over rice. Makes 2 servings; 400 calories, 27 g protein, 2 g fat, 68 carbohydrate and 512 mg sodium each.

Medicine Chest

Sufferers spell migraine relief in capital letters

By Rebecca Coley
Correspondent

Migraine headaches, which affect 26 million Americans annually, cause hours and hours of lost productivity in the workplace, as well as at home. Many suffer blinding pain, dizziness, sensitivity to light, nausea and vomiting.

Breakthroughs in the treatment of migraine headaches are being found. Recently, support is mounting for vitamin B2. High doses may prevent migraine headaches based on the essential role the vitamin plays in energizing cells.

In a recent study, 55 patients with migraine were given 400 milligrams

of vitamin B2 daily for 3 months. All patients recorded the migraines they experienced and the quality of each migraine when it occurred.

Patients who took vitamin B2 had 37 percent fewer migraines. While it did not appear to lessen the severity of an attack, it did decrease the frequency of migraines and the number

of days per month with them.

It is important to note vitamin B2 only was studied for 3 months. There is no data to indicate if it would work long-term.

A drug combination available today also is effective for some migraine sufferers. The combination product contains acetaminophen, aspirin and

caffeine.

A recent study involving more than 600 patients with moderate to severe symptoms showed nearly 60 percent found relief within two hours and nearly 75 percent found relief within six hours. Only one-third of patients who took the placebo found relief in two hours; this increased to 50 percent within 6 hours.

It is estimated 90 percent of patients with migraine treat themselves with over-the-counter agents.

Registered pharmacist Rebecca Coley is a board member of the Saint Louis College of Pharmacy Alumni Association. Questions for her to answer in "Medicine Chest" can be e-mailed to rcoley@htsmail.com.

Grilling

Continued from page 1C. Brochure, National Turkey Federation, 1225 New York Ave. N.W., Suite 400, Washington, D.C. 20005.

For a free brochure, "New Potato Salads from California," send a self-addressed, stamped, business-size envelope to: California New Potatoes, P.O. Box 2130, Newport Beach, Calif. 92658-8944.

For more pickle recipes, send a self-addressed, stamped, business-size envelope to: "The Secret Is...Pickles," Pickle Packers International, P.O. Box 767, Department FF98, Holmdel, N.J. 07733.

GRILLED TURKEY BURGERS

1 lb. ground turkey
¼ cup seasoned bread crumbs
2 tsp. plus ½ cup chili sauce
½ tsp. garlic powder
½ tsp. pepper
½ tsp. salt
¼ cup diced onion
¼ cup sweet pickle relish
1 tsp. Dijon mustard
½ cup (2 oz.) Mexican-blend shredded cheese

Preheat grill to high. In medium bowl, lightly toss turkey, bread crumbs,

2 tablespoons chili sauce, garlic powder, pepper, salt, onion, relish and mustard. Form into 4 patties.

Reduce heat on grill to medium-high. Grill patties on grid 14 to 16 minutes, turning once, until burgers reach internal temperature of 160° to 165°.

About 30 seconds before removing burgers, top each with 2 tablespoons chili sauce and 2 tablespoons cheese. Serve on toasted rolls.

Makes 4 servings.

POTATO BITES

1 lb. round, red new potatoes
½ cup low-fat sour cream
Suggested garnishes: capers, roasted red pepper strips, fresh dill sprigs, caviar

Rinse potatoes. Cut potatoes in half, then take small slice off rounded edge of each potato to form flat piece.

In 2-quart saucepan, boil potatoes about 10 minutes until fork-tender.

Drain potatoes. Place small-end down on platter. Top each with small dollop of sour cream. Garnish as desired.

Yields about 14 bites.

GRILLED TURKEY OUTLETS WITH PICKLE SALSA

4 large boneless turkey outlets (about 1½ lb.)
1 tsp. olive oil
¼ cup dill pickle juice
½ tsp. ground cumin
1/8 tsp. ground cayenne pepper
2 cloves garlic, crushed
1 tsp. finely chopped fresh cilantro
Dill Pickle Salsa

Combine olive oil, pickle

juice, cumin, cayenne pepper, garlic and cilantro in large bowl. Add turkey. Coat well with marinade.

Marinate in refrigerator at least 1 hour, or overnight.

Remove outlets from marinade. Grill over hot coals, turning once, about 10 minutes until golden brown.

Dill Pickle Salsa: Combine ½ cup finely diced dill pickle, 1 large tomato, seeded and finely diced; 1 medium pickled jalapeno pepper, cored and finely diced; 2 tablespoons finely chopped fresh cilantro; ½ cup finely diced red onion; 1 tablespoon red wine vinegar; 2 tablespoons olive oil, and salt.

Recipe

ASPARAGUS AND PARMESAN FRITTATA

12 oz. asparagus (preferably thin stalks), rinsed, trimmed
1 tbs. olive oil
1/2 cup sliced scallion
1/2 cup sliced red bell pepper
1 tsp. fresh thyme leaves, stripped from stems, or pinch of dried thyme
1 cup cooked long grain rice
Salt and freshly ground

pepper to taste
3 eggs
5 egg whites
2 tsp. grated parmesan cheese

Steam asparagus about 4 minutes until tender-crisp. Cool. Slice 1 1/2 cups vegetable diagonally 1/2-inch thick. Use remaining asparagus stalks as garnish.
Preheat oven to 400°. Heat 1 tablespoon oil in 10-inch skillet with oven-safe handle. Add scallion and red pepper. Cook 5 minutes. Stir in rice, sliced asparagus, thyme, salt and pepper.
Whisk eggs, egg whites and cheese until frothy. Heat rice mixture over high heat.

Stir in eggs; continue heating and stirring about 1 minute until they begin to set. Lower heat. Cook 2 minutes. Transfer skillet to oven. Cook about 5 minutes until eggs are just set on top. Gently loosen frittata from side and bottom of skillet with spatula. Slide onto platter.

Wipe out skillet. Add whole asparagus. Heat through. To serve, cut frittata in wedges. Garnish with whole asparagus and fresh thyme.

Makes 4 servings; 206 calories, 19 g carbohydrate, 14 g protein, 8 g fat, 160 mg cholesterol and 152 mg sodium each.

Wise Ways

Variety spices up meals with healthy surprises

By Cynthia Fauser
Correspondent

"Eating is no fun any more," lamented the caller. I am trying to plan meals for Bill to help him control his cholesterol, but it seems like everything that tastes good is off-limits."

In spite of being a very good cook, the caller found the task difficult because she no longer felt her cooking was nourishing the soul, as well as the body. The pervasive "fat is bad" message combined with legitimate health issues make her feel guilty if she does not serve sticks and twigs, yet she and her husband feel unsatisfied when she does.

Actually, the caller is doing many things right, especially in the variety of foods they enjoy and prepare. Variety, essential to balance, is no less important when dietary restrictions become necessary.

She serves balanced meals. She seldom fries it, nor do they eat a lot of fast-food. She does not load up on "fat-free" baked products, whose calories often are the same as the original because sugar replaces fat and new versions do not improve eating habits.

They eat a lot of vegetables and fruits, too. Five servings per day of these naturally low-fat foods go a long way keeping meals high in interest and total fat low. They contain nutrients that protect against cancer in ways researchers are beginning to understand. They need to find even more adventurous ways to

prepare fruits, vegetables, whole grains and legumes. Bill does his part, too.

More than a "meat and potatoes guy," he tries new foods with a sense of adventure. His exercise habits are exemplary. He treats himself to an egg breakfast once on the weekend, while meat portions are moderate and usually lean.

A future effort to nudge down cholesterol numbers include using low-fat dairy choices to reduce saturated fat. Because the couple's eating patterns are not "junky," they should find ways to substitute, rather than reduce, fats, because weight is not an issue.

They should focus on ways to substitute oils for saturated fat. Saturated fat and trans fatty acids in high-fat meats, full-fat dairy foods and trans fatty acids found in commercial baked products, french fries, hard margarines and shortening are implicated most in greater heart risk.

The caller's joy in baking is an asset, because it lets her control treats. She can prepare more fruits as dessert and often substitute oil for shortening when baking. She may find ways to sneak soy flour into her baking and use other soy products, too, because soy protein seems to help lower LDL cholesterol.

These high achievers with healthy goals can preserve their joy of life and eating. They may enjoy a favorite pear dessert from the American Heart Association.

Registered dietitian
Cynthia Fauser is nutrition specialist with University

Extension (University of Missouri system) in St. Louis County.

BAKED PEARS WITH APRICOT SAUCE

6 pears
1/3 cup apricot preserves or jam
1/3 cup cognac, or 1/3 cup water plus 1 tsp. vanilla
Hot garnish: 2 tbs. margarine and 1/4 cup toasted wheat germ; cold garnish: 1/4 cup chopped almonds or pistachio nuts

Preheat oven to 400°. Peel and cut pears in half lengthwise. Scoop out center seeds. Place cut-side down in 13-by-9-inch baking dish.

In small bowl, combine apricot preserves with cognac. Pour over pears. Bake, covered, in preheated oven 20 to 30 minutes until pears are tender. Do not let liquid evaporate. Add more liquid during baking period, if necessary.

If serving hot, dot pears with margarine and sprinkle with toasted wheat germ. Return to oven. Bake until margarine bubbles. Serve immediately.

If serving cold, let pears cool to room temperature. Refrigerate about 2 hours until chilled throughout. On platter or individual plates, sprinkle with chopped nuts.

Makes 6 servings; 221 calories, 42 g carbohydrate, 2 g protein, 5 g fat and 53 mg sodium each.

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Down-home steak, potato get uptown compliments

Grilling is not everyone's cup of tea. Those who subscribe to traditional steak-and-potatoes eating still can enjoy a modern menu that offers appeal with broad flavors and cooking style that do not stray into wilder fields.

Steak is a favorite. Give strip steak a try. For a new twist, add portobella mushrooms flavored with wine and provolone cheese. If the mushroom sounds exotic, saute plain white

mushrooms in the mixture and serve them on top of or alongside the steak.

For an upgrade in mashed potatoes, mash 1 pound potatoes, peeled and cooked, with 4 cloves garlic (peeled), 1/2 cup shredded cheddar cheese and 1/2 cup low-fat milk, with salt and pepper to taste.

A fanciful garnish that adds color is another bonus of this meal. If dilled havarti cheese is not available, try plain havarti or another family favorite.

The meal is tried and true. It was served at the

recent Writers Conference of the St. Louis District Dairy Council.

Spoon mixture into mushroom caps, dividing evenly. Sprinkle with parmesan cheese. Remove mushrooms from pan.

Place steaks in baking pan. Broil about 14 to 18 minutes until desired doneness, turning once. Add mushrooms to pan halfway through cooking.

To serve, top each steak with mushroom cap. Pour juices from pan on top of each steak.

Makes 4 servings.



FEELING FIT
BY MARK LYMBERPOULOS

Exercise should start with a good warmup. Start with easy stretches first to loosen arms, waist, back, and legs, then go on to deeper stretches.

If you're a snacker, you should know that pretzel twists contain about 2,375 mg. of salt in a 3-1/2 ounce serving. Saltines have 1,736 mg. Mikes a granola snack bar, with 273 mg., look good.

Don't wear a plastic sweat suit when you exercise. You'll only lose weight, not fat, when you work out, and will gain it back when you take off the suit. And plastic won't let the sweat evaporate to cool your body.

Standard height-and-weight charts should be used for guidance, not taken as the final authority.

Exercise's run the risk of dehydration, especially in warmer weather. Drink one or two glasses of water before you exercise, and replace fluid every 15 to 20 minutes.

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PAN-SEARED STEAK WITH MUSHROOMS

4 medium portobella mushrooms
4 tbs. vinaigrette salad dressing
4 tbs. shredded provolone cheese
4 tsp. grated parmesan cheese
2 shallots, minced
1/2 cup red wine
12 oz. beef strip steak, cut in 4 servings

Remove stems from mushrooms. Wipe clean with damp paper towel. Brush cap with salad dressing.

Pour remaining salad dressing into 13-by-9-inch baking pan. Place mushrooms, cap-side down in pan.

Finely chop tender parts of mushroom stems, discarding tough ends.

Saute chopped mushrooms and shallot in red wine about 5 minutes until soft. Mix with provolone cheese.

GREEN BEANS WITH DILLED HAVARTI CHEESE

1 pkg. (10 oz.) frozen green beans
2 oz. dilled havarti cheese, grated
1 medium tomato, diced
1/2 tsp. salt
1/2 tsp. pepper

Bring about 3 cups water to boil in medium saucepan. Add green beans. Simmer 6 to 8 minutes according to package directions. Drain.

Place beans in heated bowl or on plates. Top with cheese and tomato. Salt and pepper to taste.

Microwave directions: In microwave-safe dish, cook green beans and 2 tablespoons water on high power 4 to 6 minutes until tender. Drain.

Top beans in heated bowl or on plates with cheese and tomatoes. Salt and pepper to taste.

Makes 4 servings.

Today's Food

Veggies share grill time; no im-meat-iate jealousy

Steak, burgers and chicken: Move over to make way for a new partner, fresh white mushrooms. The reward for heating this versatile vegetable on a grill is an array of luscious appetizers and side dishes that pair beautifully with the main course.

Because mushrooms have hearty, down-to-earth flavor, they hold their own alongside meat and poultry, yet leave a light feeling of satisfaction. Minimal preparation is a bonus with warm-weather recipes like these.

Mushroom and Pepper Crostini gives a fresh view of a well-loved Italian classic. First, grill crusty bread slices brushed with herb oil, then top them with shredded mozzarella and grilled vegetables. Great as an hors d'oeuvre, first course or side dish, this recipe can accompany a brunch omelet or salad as well.

Grilled Mushroom Packets cook at the same time as the rest of dinner, so everything is ready at the same time. While patties or poultry grills,

place foil filled with mushrooms, peppers, onion, zucchini, barbecue sauce and couscous alongside. Twenty minutes later, a complete, nutritious meal is ready with a tasty flavor mix.

When shopping for mushrooms, look for dry, smooth caps without any dark spots. They need no peeling because the skin is delicate and flavorful. This is a wonderful time of year for sweet onions as well with Vidalia and Texas varieties in high demand.

MUSHROOM AND PEPPER CROSTINI

- 1/2 cup olive oil
- 1 tsp. Italian seasoning
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1 loaf (8 oz.) Italian bread, sliced diagonally in about 16 (3/4 inch) slices
- 8 oz. fresh mushrooms, sliced (about 3 cups)
- 1 large red bell pepper, cut in 1/2 inch pieces (about 1 cup)

- 1 large mild red onion, cut in 1/2 inch pieces (about 1 cup)
- 1 1/2 cups (6 oz.) shredded mozzarella cheese

In large bowl, combine olive oil, Italian seasoning, salt and pepper. Lightly brush both sides of bread slices with oil mixture. Toss mushrooms, red pepper and onion thoroughly with remaining oil.

Grill or broil 4 inches from heat 5 to 6 minutes, turning occasionally, until vegetables are browned. Remove and keep warm. Heat bread on grill rack or under broiler about 30 seconds until lightly browned.

Turn over bread. Sprinkle 1 cup mozzarella over slices, dividing evenly. Heat until just melted. Top with hot grilled vegetables and remaining 1/2 cup mozzarella.

Serving idea: Add celery and radishes as an appetizer, with salads or grilled beef or chicken as a main dish.

Yields 8 servings, about 16 slices.

Heart-y Bites

Serve berry-good treat in season of freshness

By Tammy Rubel
Correspondent

May is one of my favorite months. Warm days, buzzing bees and the fresh scent of flowers bring joy to everyone.

A bonus every year is the arrival of strawberry season. As a child, I could not wait until my mother and I made the drive to a patch to pick up some of those bright red, juicy berries.

When I was a youngster, picking strawberries always was an adventure. Lifting the leaves of the plant to find a big red berry underneath was exciting. When lucky, I'd find one perfectly ripe, so I'd be tempted to eat it on the spot. Even the big overripe ones pulled my hands to them and my eagerness was rewarded with an aromatic smear of juice.

Because about 70 varieties of strawberries have been grown in the U.S. for many years, a lot of people have experienced the joy of an overripe strawberry.

They also are easy to grow here, although sometimes rain keeps them from ripening and keeping well.

My favorite part of the strawberry is its taste. A ripe berry satisfies any sweet tooth — without guilt. Strawberries are low in calories and provide plenty

of vitamin C and fiber. A person lucky enough to have more than can be eaten can freeze them.

Simply freeze single berries individually on a cookie sheet until they are solidly frozen, then place them in a plastic bag. They keep up to one year. While strawberries seem to be full of sunshine, they actually help soothe a sunburn to the face. A cut strawberry rubbed over the face immediately after washing whitens the skin and eases a mild sunburn.

The juice should be rubbed well into the skin, left on for 30 minutes, then washed off with warm water. It's time to savor those fresh strawberries. In this brulee from the American Heart Association's "Quick and Easy Cookbook," balsamic vinegar adds stylish flavor to fresh strawberries.

The recipe is featured on the American Heart Association's seven-day menu plan distributed throughout National Markets.

Registered dietician Tammy Rubel is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

American Heart Association representatives are conducting supermarket tours throughout the

metropolitan area through June. For more information or a reservation, call 45-HEART. Free recipes and food products will be distributed.

BALSAMIC BERRIES BRULEE

- 2 cups fresh strawberries, thinly sliced
- 1 tsp. sugar
- 2 tsp. balsamic vinegar
- 1 tsp. chopped fresh mint
- Freshly ground pepper
- 1/2 cup nonfat sour cream
- 1/2 cup plain nonfat yogurt
- 2 tsp. firmly packed brown sugar

In 9-inch pie plate, combine berries and sugar. Let stand 5 minutes. Stir in balsamic vinegar and mint. Season with pepper.

Preheat broiler. In small bowl, stir together sour cream and yogurt. Spoon evenly over berries. Sprinkle with brown sugar.

Broil berries 4 to 6 inches from heat 1 to 2 minutes until sugar melts.

Serve immediately. Yields four (1/2-cup) servings; 79 calories, no fat, 17 g carbohydrate, 3 g protein and 3 mg sodium each.

POACHED SALMON WITH MUSTARD SAUCE

- 1 tsp. olive or vegetable oil
- 2 tbsp. finely chopped shallot
- 1 1/2 cups nonfat or low-fat milk
- 1/2 tsp. salt
- Freshly ground pepper to taste
- 1 1/4 lb. salmon fillet (1 inch thick), skin on, cut in 4 portions
- 1 tbsp. fresh lemon juice
- 1 1/2 tsp. cornstarch

- 1/4 cup reduced-fat sour cream
- 2 tbsp. chopped fresh dill
- 2 tsp. Dijon mustard
- Lemon wedges and fresh dill sprigs for garnish

In 10-inch skillet or saute pan, heat oil over medium heat. Add shallot. Sauté 30 to 60 seconds until softened. Add milk, shallot, salt and pepper. Bring to simmer while stirring. Reduce heat to low.

Slip salmon skin-side up into pan. Immediately turn over. Cover. Poach gently,

spooning cooking liquid over top of salmon occasionally 10 to 12 minutes until interior is just opaque.

Using slotted spoon, carefully transfer salmon to warm platter. Cover. Keep warm.

In small bowl, mix lemon juice and cornstarch. Add to poaching liquid. Cook and stir 1 minute or until slightly thickened. Stir in sour cream, dill and mustard.

Garnish salmon with lemon wedges and dill sprigs. Serve with mustard sauce. Makes 4 servings, 300 calories and 17 g fat each.

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June 18-21

Moolah Shrine Circus Class Clown of '98 entry form

Mail to: Clowning Around with the Shrine Circus!
Suburban Journals
1714 Deer Tracks Trail
St. Louis, MO 63131

Child's age: 5-9 ☐ 10-13 ☐

Child's name _____

Parent's name _____

Address _____

City _____ State _____ Zip _____

Phone# _____

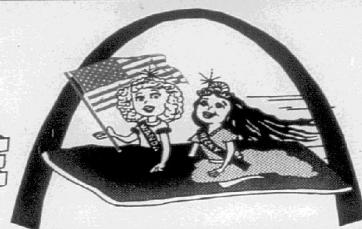


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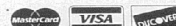
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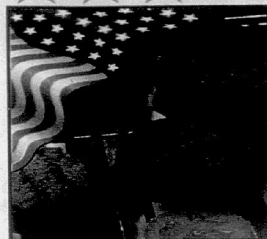
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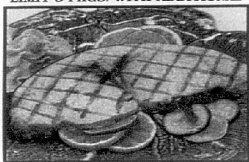
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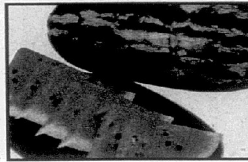
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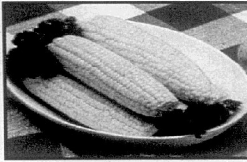
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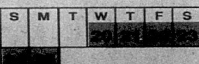
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Sports

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McGwire's gesture is hit with students

Emge chorus gets thumbs up

It will not get as much attention as, let's say, his 400th home run or for that matter any other homer he hits, but a recent gesture by the St. Louis Cardinals



Art Voellinger
Sports Views

made the day of the Emge Grade School chorus. Guests of the Cardinals on April 29 on April 29 to sing the National Anthem at Busch Stadium, the 90-member chorus directed by Mrs. Maggie Riddle did their singing in a fashion that became more than the pleasure of the 125 parents and fans who accompanied them to the game.

What put the kids "on cloud nine," according to Mrs. Riddle, was the thumbs up McGwire gave them as they filed off the field and past the Cardinals dugout.

"He also told them, 'Great job,'" said Mrs. Riddle, who indicated that the annual trip to a Cardinals game is a "reward."

"I know there may be some who think it's not really 'cool' to be in chorus, so we try to do something fun," said Mrs. Riddle. "This was a real hit."

McGwire, incidentally, did not hit a home run that day, but he did contribute a two-run double in a game that had the Redbirds rallying from an early 5-0 deficit to Montreal and winning 13-7.

A hit? McGwire has a way of doing it in a fashion that folks, including those of all ages, are coming to appreciate — even when he does not hit a home run.

Extra innings
That particular Cardinals game also marked a rare start for DaRonc Stovall, the former Althoff Catholic High School three-sport star, now a rookie outfielder with Montreal.

DaRonc was 0-for-3 in that game with a run scored and an error in the outfield, but he continues to hold his own on a part-time basis while learning to adjust to the major leagues.

More recently in a 4-0 victory over Colorado, Stovall singled to drive in a run in the eighth inning after entering the game as a defensive replacement.

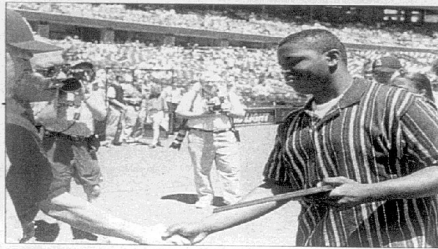
"He really enjoys the way Felipe Alou (Expos Manager) is handling him," said Don Stovall, DaRonc's father who also is the coach of the East St. Louis Senior High baseball team.

However, in 1993 when Stovall was in the Cardinals minor league organization with other prospects like T.J. Mathews and Dimitri Young, this scribe ventured to Springfield, Ill., with Ed Lange of Belleville and Syl "Tuffy" Muehl of Millstadt.

In Springfield, we were told that it was the switch-hitting Stovall's ability to increase his power to the opposite field as a righthanded hitter that was making him a valuable commodity.

Ops
A recent column contained a tip of my hat to Belleville football coaches Glenn Schott of Althoff and Larry Betz of Belleville West for renewing the grid rivalry between the schools.

Apparently, the conclusion was cut short and failed to note the Crusaders-Maroons game date of Sept. 4. The series was discontinued in 1996 due to scheduling conflicts but is a welcomed boost to football on the high school level in this area.



Rick Graefe photo

Their day in the sun

Fourteen high school athletes from throughout the St. Louis region were honored Sunday afternoon at Busch Stadium during ceremonies for the Suburban Journals Athletes of the Year. Above, Cahokia's Byron Gettis (right) receives his award as one of the Athletes of the Year for the Journal Newspapers of Southern Illinois. Making the presentations were Tom Rice, president and CEO of the Suburban Journals; Fred Hanser, chairman of the St. Louis Cardinals; and David Dobbs, president and CEO of Dobbs Tire and Auto. Gettis was one of four Illinois athletes to receive honors, joining East St. Louis Lincoln's Rita Adams, Collinsville's Kenny Lutz and O'Fallon's Jamie Tyler. Tyler was also named the Female Athlete of the Year for the St. Louis region by the sports editors of the Suburban Journals. (See stories at bottom of Page 1B).

Lincoln runs away with Mt. Vernon sectional

O'Fallon's Tyler begins state quest

By Scott Marion
Staff writer

Perennial power East St. Louis Lincoln was the top team at the IHSA Class AA Mount Vernon Sectional last Friday.

GIRLS TRACK

Double-winners for Lincoln were Elisha Wright in the 200- and 400-meter runs and Elvira Williams in the 100- and 300-meter hurdles. Other individual winners for the Tigerettes were Katria Lampley in the 800 meters and Monique Stevens in the discus. Nikki Moore qualified for state by placing second in the 300 hurdles.

The top two finishers in each event, plus those who met qualifying standards, advanced to this weekend's state meet at Eastern Illinois University in Charleston. Preliminaries, quarterfinals and semifinals will be conducted Friday at O'Brien Stadium with the finals set for Saturday.

Lincoln also won the 800 medley relay as well as the 4x400 and 4x100 relays. Cahokia's 800 medley and 4x100 relay teams earned second-place finishes.

Jamie Tyler's bid for a second state title is right on schedule.

The O'Fallon High senior, who is the defending IHSA Class AA state champion in the high jump, won the sectional with a season-best jump of 5 feet 8 inches. Tyler jumped 5-7 at state last year and in 1996, when she placed second.

O'Fallon sophomore Jennie Illig was equally impressive, winning the 1,600-meter run with a time of 5:29. The Panthers also qualified in the 4x400 relay, while Lakeisha Gaston earned a trip to state by placing second in the discus (126-9).

"Jamie's goal was to go 5-8 or 5-9 at the sectional," said O'Fallon coach Denise Lee. "She was ecstatic — she was as happy as I've ever seen her. Her goal for state is 5-9 or 5-10. She had to clear 5-8 two times. The first time when she landed, the mat moved and it knocked the bar off. But she's really confident right now."

In the Alton Class AA girls sectional, Edwardsville finished second to Springfield Southeast. Edwardsville's Amy Smith won the 1,600 run (5:13.7) and placed second in the 800.

Warriors blast Blazers in first outing after break

By Jason Sharp
Staff writer

After a one-week break in the schedule, the Granite City Warriors soccer team overcame summer temperatures and visiting Springfield Sacred Heart-Griffin to improve its record to 10-2-3 Saturday.

The Warriors delivered a 6-0 thrashing to the visiting Blazers. "I'm very pleased with today's win," Warriors coach Gene Baker said Saturday. "This was a decent team. Our kids were in such good shape through the week and we didn't want to lose that with the break in the schedule. I think the work we spent on conditioning really paid off in today's heat. We could have easily added a few more goals."

It may not have been conditioning so much as speed that paved off for the Warriors early in Saturday's match. Just 2 minutes 44 seconds into the game, the Warriors' Debbie Aaron streaked through the Sacred Heart-Griffin defense for an unassisted goal, putting Granite City ahead 1-0.

After getting the early goal, the Warriors continued to dominate the game, scoring five more goals in the first half. The final score was 6-0.

See WARRIORS, Page 4B



John Frese photo

Granite City's Debbie Aaron scored an unassisted goal as the Lady Warriors drubbed Springfield Sacred Heart Griffin 6-0 last Saturday.

Tyler, Twellman capture Journal's top honors

O'Fallon's Tyler earns praise from her coaches

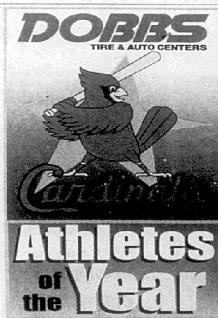
By Scott Marion
Staff writer

O'Fallon High senior Jamie Tyler is the 1997-98 Female Athlete of the Year for the greater St. Louis area as chosen by the sports editors of the Suburban Journals. That may be a surprise to some but to her coaches, it's not.

"In my eyes, she's the greatest athlete we've ever had at this high school," O'Fallon girls basketball coach Doug Haas said of Tyler, who last week was named as an Athlete of the Year for the Journal Newspapers of Southern Illinois. "Very seldom does one athlete dominate the way she did in volleyball and basketball and be a state champion in track."

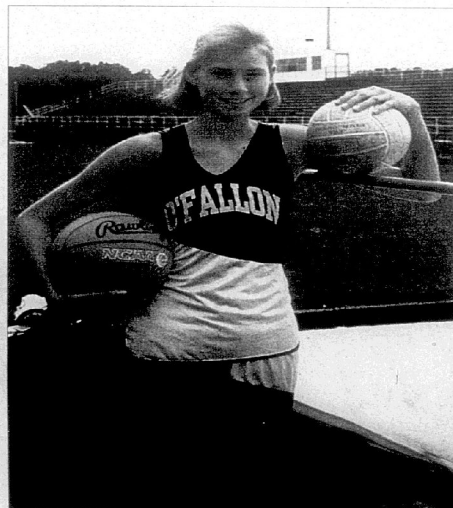
"She set all sorts of individual records in basketball, but she didn't go out there trying to get a lot of personal recognition. She did it all in the framework of the team."

For her accomplishments, Tyler was awarded the Female Athlete of the Year Award on Sunday at Busch Stadium prior to the St. Louis Cardinals baseball game against the



Florida Marlins.
Tyler's high school athletic

See TYLER, Page 3B



O'Fallon's Jamie Tyler received the Suburban Journals Athlete of the Year award Sunday at Busch Stadium.

SLUH's Twellman reaches goals in soccer, baseball

By Shawn Fusco
Staff writer

Maybe it's hard work. Maybe it's in his genes. Maybe it's just good karma. Maybe, it's all of the above that has made SLUH's Taylor Twellman the Suburban Journals Male Athlete of the Year.

"I was very shocked," Twellman said of the award. "There are a lot of good athletes... I'm just proud I can represent my school the way I have."

Talking with him, one gets a sense that he was destined to be in the position he was in. His grandfather, Jim Delsing, played professional baseball for the St. Louis Browns and played left field alongside Joe DiMaggio for the 1962 World Series-winning New York Yankees.

His father, Tim Twellman, played professional soccer in the now defunct North American Soccer League for the Minnesota Kicks. Tim Twellman played against Brazilian soccer star Pele and German soccer star Franz Beckenbauer.

His uncle, Jay Delsing, is in

See TWELLMAN, Page 3B

Sports

PREP STANDINGS

METRO EAST BASEBALL

Southwestern Conference		
Team	Conf	Overall
Edwardsville	11-0	27-0
Collinsville	10-8	17-3
Belleville West	4-4	10-5
Belleville East	5-4	18-4
Granite City	6-6	12-13
Alton	1-9	9-12
East St. Louis	0-7	5-11

Independents

Team	Overall
Althoff	22-5
Gibault	22-6
Marquette	16-7
Osawville	14-8
Roxana	14-9
Wood River	9-11
Valmeyer	3-18
W.E. Lutheran	4-13
Lincoln	0-14
	0-11

METRO EAST SOCCER

Mississippi Valley		
Team	Conf	Overall
Triad	4-2	11-10
Highland	8-3	16-7
Jerseyville	5-3	14-6
Civic Memorial	3-4	10-18
Mascoutah	0-7	8-18
Waterloo		

Cahokia

Team	Conf	Overall
Columbia	6-1	17-5
New Athens	6-1	16-4
Carlyle	7-2	10-6
Wesclin	4-4	6-19
Red Bud	3-4	10-14
Fineburg	3-4	12-13
Lebanon	3-4	11-11
Besse C.	2-5	4-16
Dupo	1-7	3-15
Marissa	1-7	5-15

South Seven

Team	Conf	Overall
O'Fallon	6-2	14-8
Cahokia	0-3	5-11

Southwestern Conference

Team	Conf	Overall
Collinsville	5-0	13-2
Granite City	2-10	8-3
Belleville East	2-20	8-6
Alton	3-20	9-2
Edwardsville	0-20	5-70
Belleville West	0-40	5-10

Independents

Team	Overall
Triad	7-10
Marquette	9-3
Gibault	10-12
Wood River	9-60
Roxana	5-7
Valmeyer	2-70
W.E. Lutheran	2-8
Columbia	1-40
Mater Del	1-4
Civic Memorial	0-30
M.E. Lutheran	0-60
Cahokia	0-60
Althoff	0-60

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DOBBS Cardinals Team of the Week

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The 16-and-under Illusions football team won back-to-back tournaments — the Adair Park Invitational (16-U division) April 25-26 in Kansas City and the May Madness Tournament (18-U division) May 2-3 in Columbia, Mo. — without suffering a loss. The Illusions outscored their opponents 87-20 in those games. Pictured at left are: Standing — manager Mark Mang, Becky Kane, Lauren Campbell, coach Ken Hasty; Middle row — Meredith Bateman, Katie Ramatowski, Alyse Hasty, Annie Harmon and Krista Vierhaus; In front — Kati Kiefer, Erin Moore, Shannon Luther, Kati Mandula and Alana Besau. Not pictured: Stacey Evans, Darcie Mang and Cori Sharp.

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P185/75R14	\$44.75 ea. - 2 For \$89.50
P205/75R14	\$44.75 ea. - 2 For \$89.50
70 Series 14" Sizes	4 For \$219
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P225/70SR15	68
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P215/65SR15	75
P215/65SR15	65
P215/60SR14	64
P235/60SR14	72
P215/60SR15	83
P235/60SR15	83
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P235/75R15 XL	71
LT235/75R15/6	75
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P215/70R15	WW	76
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P235/70R15	WW	79
P185/65R14	WW	62
P195/65R14	BLK	67
P205/65R14	BLK	69
P215/65R14	BLK	69

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P205/75SR15	OWL	79
P205/75SR15	WW	81
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P235/75SR15	OWL	79
P235/75SR15	OWL	79
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P195/65R15	WW	99
P215/70R15	WW	99
P205/65R15	WW	99
P215/65R15	WW	99
P215/65R16	WW	119

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P195/65R16	79
P205/65R15	83
P215/65R15	86
P195/60R15	75
P205/60R15	78
P215/60R16	87
P225/60R16	94
P205/55R16	97

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P265/75R15	96
LT245/75R16/10	107
LT235/85R16/10	105
30/9.50R15/6	99
31/10.50R15/6	107

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P235/75R15	LAREDO A/S .OWL	\$84
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Twelman is two-sport standout for Jr. Bills

Continued from Page 18

The Professional Golfers' Association and has played with most of the big names on the tour.

Twelman has drawn something on all of that talent in his ancestry. Like his grandfather, he is a standout in baseball, but like his father he is best known for his accomplishments on the soccer field.

During his junior season, Twelman set a school record with an amazing 47 goals on the season.

His record-setting year earned him an invitation to try out for the 17-and-under national team. He made his way on, and then he broke another record. Twelman scored 14 goals in a one-year span for the national team, including games in the 17-and-under World Cup. His performance garnered him national publicity in *Sports Illustrated*.

"It was a great experience, and I played with a lot of great players, and I was fortunate to play for it," Twelman said.

Despite spending time with the national team and missing the start of his senior high school season, Twelman still finished with 40 goals. He finished his

career with 115 career goals. Then the recruiters started to call. Every school with a powerful soccer program came a calling: University of California at Los Angeles, University of Indiana, Saint Louis University, Maryland and Virginia.

"After my sophomore year, I started realizing that maybe soccer was the way to go," Twelman said. "I had a decent baseball season. I knew junior year was going to be pivotal, and I was lucky to be successful in both."

Twelman decided on Maryland because he will be able to start for both the baseball and soccer teams.

"I just want to play," Twelman said. "I'll play any position, any time and anywhere. I just want to play."

During his four years at SLU, Twelman played four varsity sports — baseball for four years, soccer for four years, football for one year and basketball for one year. But he still found time to finish school with a 3.6 grade-point average.

"Obviously, it included sacrifices, whether it was going out one night or writing that 20-page paper," Twelman said. "It was something I wanted to do, and something I wasn't forced to do."

Tyler earns praise from coaches

Continued from Page 18

accomplishments include:

- A Class AA state high jump championship in 1997 after a second-place finish in '96. Including relays, she has qualified for state in at least one event since her freshman season. She recently won the South Seven Conference championship in the long jump.
- Becoming O'Fallon's all-time leading scorer in girls basketball with 1,179 points. As a senior, she set another school record by averaging 18.8 points per game.
- First-team all-conference honors in volleyball.

Tyler is equally proficient in the classroom. A National Honor Society member, she was named O'Fallon's top scholar-athlete.

"She has a great competitive attitude," said Panthers girls track coach Denise Lee. "Nowadays, three-sport athletes are a rarity, especially when they excel in all three sports as Jamie does."

"I saw her playing basketball the summer before her freshman year, when I was an assistant coach. She would stay

every day for at least 2 to 2½ hours. It was my first year of teaching and coaching here and it was neat to see someone that dedicated. I was the JV coach and she played a lot for my team.

"In track, she went to state as a freshman with the 4x800 (relay) team. Her best high jump was 5.2, but she didn't qualify for state. Her sophomore year, she went to state in the 4x800 and the high jump."

The high jump may be Tyler's best event, but her natural ability makes her threat in virtually any event.

"We can use her pretty much everywhere and get a place out of it," Lee said of Tyler, who will compete Friday and Saturday in the girls state meet at Eastern Illinois University in Charleston. "In the conference meet, she won the long jump in 16-5½, which was the best jump of her high school career. She can also run the 400 and 800 and she's a member of our 4x400 relay team, which went to state last year."

"Mentally, she's doing a lot better this year. Last year was a rough year for her in the high jump (until the postseason). Her high jump coach is (Rich) McCammack, who was the head coach

here in the past (through 1996). She's here at 7 every morning to jump and she usually stays until 5:30 or 6."

"Her best jump so far this year is 5-6. She looks stronger than what I've seen in the past, and her form looks a lot better, if that's possible. She's won all but one meet, and that was early in the year."

With Tyler as a starter, the O'Fallon girls basketball team had a three-year record of 61-24, including a school-best 22-7 mark her senior year.

"Last year she became the first girls player here to get more than 20 points and 20 rebounds in one game," Haas said. "She had 26 points and 20 rebounds against Mount Vernon, so she did it against a very good team."

"I saw her as a freshman and I knew her athletic ability was exceptional. But what separates the great athletes from the average ones is their work ethic and attitude. She would always stick around another 15 or 20 minutes to work on free throws or something else. That wasn't every once in a while, it was every night after practice."

"Jamie learned a lot from year to year. You could see the improvement."

HORSE RACING RESULTS

FAIRMOUNT PARK SATURDAY RESULTS

FIRST RACE
(1 mile & 70 yards) claiming purse \$3,600. Wise Pet (Gail) 7.40, 4.20, 3.20; Pam's Boy (Medina) 4.40, 2.80; Smokin Moca (Herman) 3.00. Time — 1:48.1.
\$2 Exacta (4-8) PAID \$46.60.

SECOND RACE
(6 furlongs) claiming purse \$3,600. Spruce Nite (Guinn) 12.40, 7.40, 4.80; Star Flight (Parker) 14.60, 10.00; Pin Oak/Tomren (Pabon) 7.40. Time — 1:15.1.
\$2 Exacta (6-1) PAID \$175.20.
\$2 Daily Double (4-6) PAID \$65.20.

THIRD RACE
(5 furlongs) oddball claiming purse \$5,200. Dumptruck (Parker) 4.40, 4.00, 3.00; Chute Boss 9.00, 7.60, 6.40; Wild Bill Shananie (Gail) 3.60 (dead heat for win). Time — 1:01.2.
\$2 Exacta (2-7) PAID \$34.60.
\$2 Exacta (7-9) PAID \$56.00.
\$2 Trifecta (2-7-8) PAID \$109.40.
\$4 Trifecta (7-8-9) PAID \$139.20.

FOURTH RACE
(1 mile) allowance purse \$6,800. Ragin Ruth (Lopez) 11.80, 5.40, 2.60; Love Passes (By James) 3.40, 2.80; Diodelta (Kurek) 2.40. Time — 1:44.2.
\$2 Exacta (4-6) PAID \$34.00.

FIFTH RACE
(1 mile & 70 yards) claiming purse \$4,000. Dusty Return (Campes) 9.60, 3.80, 3.00; Rampant Bay (Gail) 4.00, 2.80; Brisco County (Pampall) 3.00. Time — 1:12.3.
\$2 Exacta (7-4) PAID \$328.00.
\$2 Trifecta (7-4-8) PAID \$539.40.

SIXTH RACE
(1 mile & 70 yards) claiming purse \$3,600. Humble Pie (Lopez) 3.40, 3.20, 2.20; Little Hopsy (Viville) 4.40, 2.80; Jose Alibors (Medina) 2.40. Time — 1:48.
\$2 Exacta (1-3) PAID \$11.00.

SEVENTH RACE
(6 furlongs) allowance purse \$9,000. My Name, Be Beans (Herman) 4.00, 12.60, 5.40; Lac Bonhomme (Austin) 4.00, 3.80; Whirlaway (Gail) 4.60. Time — 1:13.
\$2 Exacta (7-4) PAID \$328.00.
\$2 Trifecta (7-4-8) PAID \$539.40.

EIGHTH RACE
(6 furlongs) handicap purse \$12,000. Crigarette (Austin) 22.80, 14.80, 4.20; Marfa Gump (Gail) 5.00, 3.40; Buckbean Rose (Trader) 4.20. Scratch: Kallix Xan. Time — 1:14.2.
\$2 Exacta (5-6) PAID \$119.80.
\$1 Pick 3 (1-7-5) PAID \$1,314.00.

NINTH RACE
(6 furlongs) allowance purse \$5,800. Tizzalating (Gail) 3.60, 3.60, 2.80; Mike Beers (Lopez) 5.20, 3.40; Jose's Ghost (Kurek) 3.20. Time — 1:13.
\$2 Exacta (3-6) PAID \$122.80.
\$2 Late Double (5-3) PAID \$76.00.
\$1 Pick 6 (4-2-1-7-9) (3 of 6) PAID \$3.70.
Pick 6 carry over paid \$302.00.

TENTH RACE
(6 furlongs) claiming purse \$3,600. Secret Honor (Gail) 35.00, 10.20, 7.00; Coal Miner Jake (Campes) 3.40, 4.00; Hyball (Gail) 4.60; Scratch: Almy Joet. Time — 1:14.3.
\$2 Exacta (6-2) PAID \$163.60.
\$2 Trifecta (6-2-1) PAID \$465.80.

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Sports

Granite City splits doubleheader

By Jason Sharp
Staff writer

Last week was a busy one for the Granite City Warriors baseball team, which remained above the .500 mark when it split a doubleheader Saturday at home against New Athens.

The Warriors improved their overall record to 14-13 by winning six of eight games last week against some of the best teams on their schedule.

"We've been playing well lately," Warriors coach Gus Lignoul said. "We've had a lot of games and I think things are beginning to come around for us. Overall, our hitting and defense have really picked up."

The Warriors started their climb to .500 when they swept a doubleheader May 9 against Springfield High, which

took a 20-2 record into the twinbill. The Warriors then took a 3-1 decision from defending sectional champion Belleville West the following Monday, then split Tuesday's doubleheader with Belleville East and blanked Alton 1-0 on Thursday.

Coming off Thursday's shutout, the Warriors struggled in first game of Saturday's non-conference doubleheader, dropping the first contest 5-3 to New Athens. But the Warriors rallied back with strong pitching and solid defense in the second game to post a 3-1 victory.

"We knew absolutely nothing about this team," Lignoul said. "There was no scouting report on New Athens coming in."

The surprise for the Warriors came when New Athens touched pitcher John Kelly for five runs in the first inning of the opener. Kelly was then relieved by Sean Courtney, who pitched into the seventh inning without allowing a run before being relieved by Ted Millas.

The Warriors tried to overcome New Athens' five-run lead. They scored single tallies in the first, fourth and sixth innings but fell short of a comeback. In the second game, New Athens jumped ahead early again with a 1-0 lead in the first inning but the Warriors were able to bounce back. They tied the game 1-1 on a solo home run by Dustin Brewer in the second inning.

Paul Kacera pitched seven innings for the Warriors in the second game for the win.

Meanwhile, the Warriors offense scratched out two more runs in the sixth inning to make it a 3-1 game.

"Kacera pitched another good game," Lignoul said. "That's the fourth one in a row for him. Again, as long as our pitching holds up and we're able to hit, we'll give ourselves the opportunity to win. It's that simple."

The Warriors are scheduled to play 4:15 p.m. today at Althoff.

Warriors blank Blazers

Continued from Page 1B

Warriors offense kept up its relentless attack despite the near 90-degree weather.

The Lady Warriors added their second goal of the game on a penalty kick when Sacred Heart-Griffin was charged with a handball in front of its own net. Melissa Montgomery buried the PK for Granite City with 7:54 left in the first half.

Granite City struck again 6:19 into the second half when Laura Canada took a pass from Erika Todd and beat two defenders before sliding the ball just inside the right post.

Todd, who had two assists in the game, got her chance to score a short time later when she took a pass from Chris Withers and ripped a shot that put the Warriors ahead 4-0.

"You can see Erika Todd

has a great shot," Baker said. "She hammered that ball in. We expect to get more from her."

The Warriors added their fifth goal of the game when Natalie Judge converted on a corner kick from Todd at 23:49 in the second half.

Sacred Heart-Griffin failed to convert a penalty kick 21:07 into the second half and the game remained at 5-0 until Melissa Montgomery got her second goal of the match. Holly Derosett assisted Montgomery's goal with three minutes left in the game.

After the victory against Springfield Sacred Heart-Griffin, Baker said his team was looking forward to Tuesday's rematch against Alton. On May 7, that Alton beat visiting Granite City 1-0.

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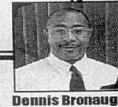
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Bush announces plans to run for second term as mayor

By Jason White
Staff writer

Mayor Gordon Bush said last week that he will seek re-election next year. Bush made the announcement at a ceremony Thursday honoring his election as president of the National Conference of Black Mayors. Bush will serve a two-year term as president of the Atlanta-based conference, which represents 435 black mayors. Although some big cities

are in the conference, most of the mayors are from rural areas in the South. The conference attempts to provide technical assistance, such as grant writing, to municipalities with limited resources.

"The mayors have expressed their support and confidence in me... as their spokesperson, and I need my citizens to do the same," Bush told the audience.

Bush has said his role as president will be to lobby for federal dollars to rebuild impoverished areas.

"The citizens of East St. Louis are my great joy, and I'll be focusing here as well as focusing there," he said.

Bush also said he wants an additional term as mayor to work on some long-planned developments — a Walgreen's at 25th and State, an Aldi's on 10th Street, a new Amoco station, a Holiday Inn Express and a Maytag laundromat, to name a few.

"We are going to build East St. Louis," Bush said. "This is our moment."

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Bids may be awarded for SIUE buildings

By Linda N. Weller
Telegraph staff writer

Two long-awaited buildings are closer to becoming reality on the campus of Southern Illinois University at Edwardsville.

Officials at the Capital Development Board last week opened \$21 million in bids for construction of the engineering building.

Chancellor David Werner said the bids ran only \$55,000 over estimates. "It is well within our \$2 million contingency fund. With any luck at all, construction should begin in the middle of June. The engineering building continues to evolve."

The state board, which oversees construction of state buildings, meets in two weeks and may award the bids at that time, he said. The bids were for general contractor, mechanical

systems, fire alarm system, plumbing and electrical work.

Last June, Gov. Jim Edgar visited SIUE and presented a symbolic, \$21.3 million check to university officials for the engineering building.

The university had waited 10 years for the legislature to grant capital funds for the building, during which time the engineering program grew in offerings and in students.

The university hopes to add a master's degree in construction and a bachelor's degree in manufacturing engineering through the Engineering School in the fall of 1999.

Because the state waited years between funding the design work and providing money for the building, plans for the 114,000-square-foot building had to be revised to meet

new Americans with Disabilities Act standards. That work has been completed.

The building will be built over 18 months on the west side of the campus' classroom core near the art and communications buildings.

Another long-anticipated building that is closer to being on its way to SIUE is an ethanol plant to be built at University Park, a research and development complex on the east side of SIUE.

The plant would provide for small-scale production of ethanol to determine the most efficient and economical methods of producing the fuel from corn.

After promising \$1.5 million for design of the plant, the federal government finally has released the money.

The state of Illinois has promised \$6 million for the project, and the university is hoping to get \$14 million from the federal government. The \$20 million price tag includes equipment.

The University Park Board of Trustees awarded a contract recently for design work totaling \$1.2 million to Raytheon Engineers and Constructors Midwest Inc., university President Ted Sanders said.

Keith Nichols, spokesman for SIUE, said the plant will have about 20,000 square feet.

Construction of a third building, a storage "barn" for University Museums, is expected to begin this summer.

The SIU Board of Trustees' Executive Committee recently approved plans and specifications for the building and has advertised for bids. Completion is expected in the fall, Werner said.

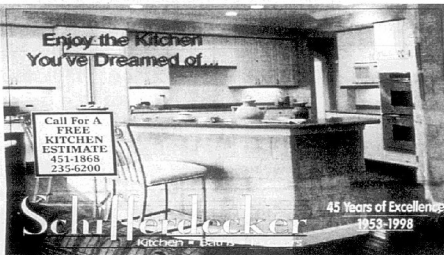
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Dohnal named to Who's Who

Steven E. Dohnal, president and chief operating officer of Inside Information Inc., of Granite City, has been inducted into the 1998 edition of "International Who's Who of Professional Management."

Dohnal founded Inside Information in 1993 as an information resource service providing background investigations and pre-employment reports to

individuals, corporations and government agencies, as well as to law firms and other investigators.

"International Who's Who of Professional Management" reaches a world-wide audience in an endeavor to recognize highly accomplished executives and professionals for their outstanding professional and civic achievements.

Steve Burdge inducted into Pinnacle Club

Medicine Shoppe International, Inc. has inducted Steve Burdge, R.Ph., into its exclusive Pinnacle Club. Burdge, pharmacist and owner of the Granite City Medicine Shoppe Pharmacy, located at 3675 Nameoki, has become eligible for the award based on the success of his business and service to the community. His store is now one of only 12 pharmacies which have reached Pinnacle Club status out of more than 1200 Medicine Shoppe Pharmacies nationwide.

As an inductee into the Pinnacle Club, Burdge received a paper sculpture of Hygieia and Asklepios, God and Goddess of Health. He was also awarded \$5,000 in scholarship money, which he donated to the St. Louis College of Pharmacy. These awards were given by Ron Hofmeister, executive vice-president of Medicine Shoppe International, Inc., at a dinner held in honor of Burdge last month in St. Louis. All staff members — pharmacist Will Connolly and pharmacy technicians Theresa Miller, Samantha Gale, Brenda Rains, Fern Baker, Kathie Conner and Ruby Pointer (who delivers the prescriptions) — were honored at the function.

Bus service offered to Six Flags amusement park

Another season of Six Flags express bus service is slated by the St. Clair County Transit District.

The service begins Memorial Day, May 25, and continues every Saturday and Sunday until Labor Day. Buses are scheduled to depart from St. Clair Square by the water tower at 9 a.m. with a stop at the 5th and Missouri MetroLink station at 9:25 a.m., then arriving at Six Flags at 10 a.m. Buses depart Six Flags 20 minutes after the park closes.

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Bond funds are growing in popularity

Bond funds growing in popularity

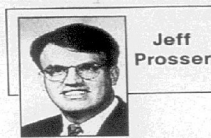
Think of the term "mutual fund," and you probably think of a way to invest in the stock market. Yet, there's another type of mutual fund — the bond fund. Bond funds have become an important way for U.S. households to invest in the bond market.

A recent paper by the Investment Company Institute (ICI) examined the growth of bond mutual funds, the economic forces that influence bond fund sales and redemptions, and the impact that drops in bond prices have on bond funds.

Here are some of the highlights of the paper:

Growth of bond mutual funds. Six bond mutual funds existed in 1940, and only three more were introduced in the next 25 years.

During the second half of the 1960s and early 1970s, as stock prices declined, mutual fund sponsors



Jeff Prosser

organized more bond funds. By the end of 1975, 35 bond funds were in existence, with total assets of \$2.2 billion.

The Tax Reform Act of 1976 and the introduction of new products that provided investors with more choices spurred further increases in the growth of bond funds.

The Tax Act made municipal bond funds more attractive by allowing the income earned on municipal securities to pass tax-free to mutual fund shareholders. Fund companies introduced 14 new municipal bond funds in 1976.

Between early 1989 and late 1993, bond funds

experienced net inflows of \$207.2 billion, increasing total bond fund assets by 80.7 percent.

Ownership of bond funds. Individuals owned more than 75 percent of all bond fund assets at the end of 1993. Most individual holdings were outside accounts.

Individuals tend to prefer tax-exempt bond funds, which do not need the tax-sheltered status of retirement accounts.

Bond fund shareholders. Owners of bond funds are similar to the typical mutual fund shareholder. Bond fund investors tend to own more than one type of fund. More than 60 percent of mutual fund shareholders own at least two types of funds. About 80 percent of all bond and income shareholders also own equity (stock) funds.

Municipal bond fund shareholders tend to be slightly older and wealthier than the average mutual fund shareholder. This

suggests a stronger demand among retirees for tax-exempt income.

Shareholder behavior. Although there have been redemptions in bond market declines since the mid-1980s, there is no evidence that bond fund shareholders redeem en masse, even when interest rates rise sharply.

This behavior is similar to that of equity fund shareholders.

The ICI paper seems to confirm the pattern of most mutual fund investors. Both equity and bond fund shareholders appear to be focused on long-term movements rather than short-term market developments.

Keep in mind, bond funds are just one part of your fixed-income portfolio, just as stock funds are one part of an equity portfolio.

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Wilson students honored for reading

The following Wilson School students have received Independent Reading Program (IRP) 1998 Awards:

KINDERGARTEN (First-time award winners): Justin Krug, Hayden Mayo, Natasha White.

FIRST GRADE (First-time award winners): Zachary Acup, Andrea Anderson, Tyler Boyer, Luke Dailey, Zachary Davis, Rachel Ezell, Jonathan Ferrero, Justin Gaitner, John Ginn, Emily Glasgow, Dillon Hahn, Christopher Harper, Krystin Hucka, Jacob Hutchings, Justin Kichler, Elizabeth Lance, Jessica Lance, Matthew Macko, Nicole Mathew, Timothy Marcum, Carissa McCallister, Kate Meyer, Chelsey Nicol, Justin Nicol, Brittany Parker, Justin Parks, Kayla Phouangmalay, Tiffany Pryor, Sarah Reeves, Jacob Russell, Matthew Swendenman, Emily Sisko, Alvin Smith, Jessica Travis, Macie Wallace, Jessica Warhol, Alfred White, Larry

White, Jason Whitehead, John Williams, Viktoria Wilson, Kayla Wylie.

SECOND GRADE (Repeat winners — those who won awards in previous grades): Bryan Birkhead, Gabrielle Broadway, Kayla Bogue, Marcus Dauksha, Alicia Glasgow, Meghan Huff, Krystal Imhoff, Alyssa Jobe, Cassie Lofink, Thomas Mayer, Aaron Meyer, Brittany Mikulova, Justin Nordike, Rachel Rowlett, Kimberlee Schinker, Matthew Sautman, Tabitha Smith, Robert Suermann, Andrew Whitmore, Jennifer Tedesco. (New winner): Sara Henderson.

THIRD GRADE (Repeat winners): Josh Craig, Zakary Huff, Ashley Mathew, Amberie Mikulova, Kristen Moore, Bryan Parker, Kyle Peterson, Rachel Shaffer, Jeff Sipes, Justin Wingerter, Kim Wyatt.

FOURTH GRADE (Repeat winners): Courtney Dohal.

Tommy Earhart, Rachel Elmore, Jacquisha Johnson, Heather Mayer, Angela Walls, Kelly Wyatt. (New winner): Patrick Woodson.

FIFTH GRADE (Repeat winners): Justin Allen, Terra Cappel, Derek Horvath, Sara Ireland, Christina Justus, Ashley Martin, Shawn Nicol, Brad Peach, Carrie Phouangmalay, Ben Pieper, Shelly Polach, Katherine Winters. (New winners): Manilla Adams, David Beasley, Amanda McKee.

SIXTH GRADE (Repeat winners): Joey Becherer, Jessica Dodson, Amanda Edwards, Amy Marcum, Beth Pryor, Brian Redden, Ashley Schmidt, Albert Schaler. (New winners): Daniel Bixler, Gabe Davis, Stacie Lane, Christina Malone, John Thebeau. Four sixth-graders were awarded collectible silver dollars for reading 100 or more books every year from first through sixth grades. They are Joey Becherer, Jessica Dodson, Beth Pryor and Albert Schaler.



Alecia Wilkinson

Alecia Wilkinson wins Grand Supreme title

Alecia Dawn Wilkinson won the Overall Grand Supreme title in the American Dream Kids Pageant, held March 13-15 in Palatine.

She received a \$2000 U.S. Savings Bond, a six-foot trophy, the crown, banner, scepter and gifts. The title is awarded to the contestant with the highest score in the beauty, interview, program and photogenic categories.

Alecia also won the All American Print Model Title. Her picture was featured in the center of the program book, and she received a crown, banner and trophy.

Alecia recently won the title of USA Dream Girls Pre-Teen Queen at the Missouri State Dream Girls Pageant, held in Poplar Bluff.

She had the highest scores in the photogenic, sportswear and beauty categories.

The daughter of Teresa and Rick Lear, Alecia is the granddaughter of Chuck and Alma Reynolds and the great-granddaughter of Irene Simmons.

Rollins interning with legislator

Lee Rollins of Granite City is currently participating in a full-time legislative internship sponsored by Truman State University, Kirksville, Mo.

He is working at the Missouri State Capital in Jefferson City with Rep. Charles Pryor, Versailles (R).

A junior political science major, Rollins is the son of Bill and Susan Rollins. A graduate of Granite City High School, he is active with College Republicans.



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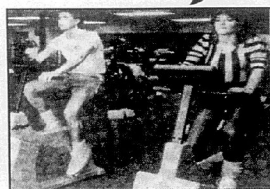
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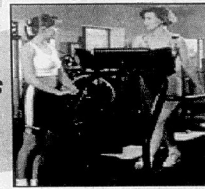
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Community calendar

Editor's note: Each week, the community calendar contains items for the upcoming week only. Groups that meet every week will be listed the first and third weeks of the month only.

Church

GENERATION JESUS YOUTH GROUP, led by youth minister, 5 to 8 p.m. every Sunday at Nameoki United Methodist Church, 1900 Pontoon Road.

JESUS EVERY THURSDAY (JETS), led by the music director, is for kids 3 to 11 years old. Meets from 7 to 8:15 p.m. Thursdays. Music/Bible study and fun at Niedringhaus United Methodist Church, 20th and Delmar. Mom's Bible study and share group meets at the same time as children. For more information, call 877-4555.

TEMPLE BAPTIST CHURCH Adventure Club, an after school activity for grades 4-6, meets 3:30 to 5 p.m. Tuesdays at the church, 1900 Harris St. For more information, call 452-0273.

Community

MADISON COMMUNITY ACTION GROUP meets at 7 p.m. every Wednesday. For more information call Dan at 452-2336 or Diane at 486-1360.

EAGLES AUXILIARY 1126 BINGO 1 p.m. every Sunday at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffish.

Dance

MIDWESTERN UNITED STATES IMPERIAL DANCE CLUB (MUSIC) regular monthly meeting is held every other Sunday at the American Legion in Collinsville. Nonmembers welcome. Dance lessons from beginning to advance are given from 6 to 8 p.m. at a cost of \$4 for nonmembers and \$2 for members. For more information, call 463-2405.

BOOTS & SLIPPERS SQUARE DANCE CLUB, square dance lessons, 7 to 9 p.m. every Monday, St. Paul Lutheran Church, Fairview Heights. The cost is \$2.50 per person, per lesson. For more information, call 797-6528 or 344-4636.

Food/Nutrition

MEALS OF LOVE, sponsored by Madison County Baptist Association. Free meals to anyone in need. Every Tuesday, 4:30 to 6 p.m., at Second Baptist Church, 21st and Illinois streets, Granite City. Everyone is welcome.

POLISH PIEROGI SALE, Sacred Heart Polish National Catholic Church, 930 Reynolds, Madison 9 a.m. to noon, first Saturday of each month. Seven varieties: cabbage, cheese,

kraut, potato, sausage and kraut, plum pudding and lace. Carry-outs only. \$6 per dozen. Cooked and ready to heat and eat. Also Christmas and rosaries. Order ahead by calling 876-5860, 876-3696, or 931-3367.

RESCUE MISSION, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon every Saturday. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

GRANITE CITY FOURSQUARE CHURCH, 12th and Edwardsville Road, hot meals served free of charge, the last Monday of each month, to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9635.

Health/Exercise

Bemis Chiropractic, 3361 Fehling Road in Granite City, is offering **FREE ELECTRONIC SPINAL SCREENINGS** from 9 a.m. to noon every Tuesday and Thursday. Call 876-2273 for more information.

TOPS 2363, 6:30 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards St. For more information call Bobbie at 452-0273.

FREE SENIOR CITIZEN EXERCISE CLASS, 9 a.m. every Thursday, Anchorage Recreation Center, 2909 Edwards.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m. every Monday, Melvin Price Support Center in Granite City. Call 876-2124.

TOPS II 645, 7 p.m. every Monday, Anchorage Recreation Center, 2909 Edwards St., Granite City. 452-6102. Men and women welcome.

TOPS 1699 (Take Off Pounds Sensibly) will meet at 6:45 p.m. every Tuesday at the Anchorage Recreation Center, 2909 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

TOPS II 2417, 6 p.m. every Tuesday, Calvary Lighthouse Church of God, 1205 W. Pontoon, Weighin at 5:30 p.m. Anyone age 18 or above with a weight problem is welcome. For more information call Ann at 452-6102.

ST. ELIZABETH MEDICAL CENTER'S BEHAVIORAL HEALTH SYSTEM is presenting a talk entitled, "Have Fun the 'Trend Way'" at 7:30 p.m. April 28, Sister Linda Hylla, LCSW, of the Behavioral Health System, will talk about local youths with social and recreational activities that supports alcohol and violence-free. The talk will be held in the Wiesman Room at SEMC. The talk is free and open to the public. For more information or to register, call 798-3888.

MADISON COUNTY URBAN LEAGUE HEALTH CARE SERVICES offers the following each week at 500 Madison Ave. in Madison: Walk-in pregnancy testing and prescription refills, 10 a.m. to 3 p.m. Mondays; Family planning services, 9 a.m. to 4 p.m. Tuesdays; STD screening and treatment, 9 a.m. to 4:30 p.m. Wednesdays; and family planning services, 9 a.m. to 4:30 p.m. Call 452-6384 for appointments or more information.

Organizations

SINGLES ALIVE, a Christian singles group, will meet at 7:15 a.m. April 23 at the Amick Station in Alton for a train ride to Springfield, Ill. Tickets must be purchased in advance as soon as possible. The cost is \$14 roundtrip for ages 61 and younger, and \$12 for seniors 62 and older. The group departs at 7:45 a.m. and arrives in Springfield at 9:10 a.m. The first train back leaves Springfield at 12:30 p.m. and arrives in Alton at 1:50; the second train leaves at 2:54 and arrives at 8 p.m. in Alton. Call Erma, 258-2677 or Beverly at 254-9507 for more information. All singles are invited. All denominations and ages welcome.

CHURCH WOMEN UNITED will meet at 10 a.m. the fourth Thursday of each month, August July, at the Nameoki Methodist Church, 1900 Pontoon Road.

MODERN WOODMEN OF AMERICA Life Insurance Society meets the last Thursday of each month at 5 p.m. at Ravanelli's Restaurant.

THE JOLLY QUILTERS, 9 a.m. to 2 p.m. every Thursday at the Social Center, 906 Thorngate Drive, Jeff Mitchell.

GRANITE CITY COMMUNITY BAND rehearsals, 7:30 to 9 p.m. every Thursday, St. John United Church of Christ, 2901 Nameoki Road, Granite City, 631-0443.

GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR meets the fourth Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1053, Maryville Road, Granite City, 931-3557, 8 p.m., fourth Tuesday of each month.

JOB'S DAUGHTERS BETHEL #43 meets the fourth Tuesday of each month at 7 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard.

GRANITE CITY KIWANIS meet at Shoney's at 7:30 a.m. every Tuesday.

Seniors

PONTON BEACH SENIOR CITIZENS BINGO, every Wednesday, 11:30 a.m., 3910 Highway 111, Ponton Beach.



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Wrong. The American Council on Exercise, a nonprofit fitness advocacy organization, says it's never too late to reap the benefits of a regular exercise program — even if you have never exercised a day in your life.

May 27, National Senior Health & Fitness Day, is a great time for seniors to start enjoying healthier, active lifestyles, and ACE is here to help them get started.

According to the Fitness Products Council, 14.2 million people age 65 and older exercise frequently. With one out of every four Americans now over the age of 50, more and more will be turning to fitness to maintain and enhance their quality of life.

"Active seniors will improve their quality of life, reduce the risk of disease and increase

mobility and independence," said Gwen Hyatt, an ACE spokesperson specializing in senior fitness. "There may be some limitations, but they should be able to participate in moderate exercise," she said.

According to ACE, most people can significantly improve their fitness with 30 minutes or more of brisk walking daily. Research shows that you can even benefit from exercising three times a day for 10 minutes at a time. Pain is not needed for gain! One of the reasons so many people quit is because they can't maintain an intense program.

Moderate physical activity also improves digestion, aids in sleep, reduces stress, improves endurance and is good for managing lower-back pain, arthritis and diabetes.

ACE recommends that seniors begin with non-jarring aerobic activities such as swimming, cycling, walking and low-impact aerobic dance.

Other popular workouts among seniors include aqua-aerobics, yoga, Tai Chi, line dancing, square dancing, ballroom dancing, and gardening. Most important is picking an

'Active seniors will improve their quality of life, reduce the risk of disease and increase mobility and independence. There may be some limitations, but they should be able to participate in moderate exercise.'

Gwen Hyatt

activity they enjoy and sticking with it. Fitness programs should include aerobic exercise, strength or resistance training, and flexibility exercises. Tufts University research found that even the most elderly and unconditioned can benefit from strength training. Current exercises that emphasize balance and posture are also important for older adults. Before embarking on a new workout regimen, Hyatt recommends that seniors consult their physician and get medical clearance to begin a program.

How to Get Started: Get help. Personal trainers are not just for the rich and famous anymore. A personal

trainer can help develop a safe and effective exercise program and provide motivation. Instead of signing up for two sessions per week every week, spread out a package of visits over a longer period of time (say six months). Make sure instructors are certified by an internationally recognized professional organization, such as ACE, and have some specialty training in senior health and fitness. ACE offers free referrals to certified fitness professionals anywhere in the country by calling (800) 825-3636.

Libraries, bookstores and sporting goods stores are filled with books and videos specifically targeted to, or appropriate for, seniors that

can start them on a program and teach them new techniques. ACE recommends the following books and videos for seniors:

Videos: "Ageless Fitness Fresh Start, Volume 1 & 2" "Lilas: Yoga Workout Series for Beginners" "Sit and Be Fit: The 30-minute Workout, All Sitting Exercise"

(Sit and Be Fit also offer videos geared to various medical conditions). Videos are available at select stores and through Collage Video: (800) 433-6769.

Books: "Fitness After 50" by Walter H. Ettinger, Jr., MD, Brenda S. Mitchell, PhD, and Steven N. Blair, PhD

"The 90-Day Fitness Walking Program" by Mark Fenton and Seth Bauer

"Full-Life Fitness" by Janie Clark

"Weight Training Past 50" by Tom Baechle and Wayne Westcott

Books are available at select stores or through Human Kinetics: (800) 747-4457. Pick an activity you're going to enjoy and stick with. If you like exercising with a group, join a health club or community center. Contact your local YMCA, park and recreation departments and health clubs to see what kind of group exercise classes they offer.

Three national organizations, American Association of Retired Persons, Older Adult Services & Information Systems and the Arthritis Foundation may also be good sources for finding local programs.

If you prefer solitude, invest in a good pair of walking shoes and start walking. Work your way up to 30 minutes a day, five days a week.

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Memory Loss Screening

Saturday, May 30th

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Marriage licenses

The following marriage licenses were issued through the office of Madison County Clerk Mark Von Nida:

Steven Matthew Scott and Marianne Mims, both of Granite City.
Ronnie Lee Shaver Sr. of Granite City and Deborah Sue Gardner of Edwardsville.
Darron Samuel Bailey of St. Louis and Tasha Latrice Carter of Venice.
Vincent Edward Brown of Madison and Patricia Alexis Freeman of Venice.
Michael Jeffrey Caban and Jamie Elizabeth Oliver, both of Granite City.
John Wesley Casey and Heather Lynn Winters, both of Granite City.
David Michael Levy II and Elizabeth Ann Kidwell, both of Pontoon Beach.

Steven Lee Dodge of St. Charles, Mo., and Catherine Alice Judge of Edwardsville.
Kenneth Ray Dunnivant and Dawn Welty, both of Madison.
Robert Michael Edgeworth and Joy Ann Edgeworth, both of Collinsville.
Michael Lee Farmer of Glen Carbon and Misty Ann Kincaid of Cottage Hills.
William Lonnie Green of Caseyville and Tracy Lynn Distler of Edwardsville.
Stephen Craig Hefflin and Janet Rae Sheley, both of Belleville.
Shane Douglas Heth of Troy and Nicole Dianna Voruz of St. Jacob.
Robert Mark Hinrichs of St. Louis and Ann Elizabeth Carter of Collinsville.
Edward James Holder of

Edwardsville and Teri Marie Williams of Bethalto.
Everett Timothy Hughes and Denise Lynn Stevenson, both of Granite City.
David Wendell Huiars and Teresa Ann Willis, both of Collinsville.
Jeffery Lynn Jeter of St. Charles, Mo., and Valerie Ann Brown of Glen Carbon.
Reginald Wayne Johnson of Madison and Christy Sue Pugh of Decatur.
Jay Michael Kimberlin and Doris Vera, both of Troy.
Jeffery Dwayne King and Andriana Kae Duncan, both of Troy.
Kevin Rodger Lung and Ann Marie Reinacher, both of Troy.
Jeffrey Paul Loyet and Jennifer Lynn Modrovsky, both of Edwardsville.
Thomas John Marini of Edwardsville and Gwendolyn Jennifer Pitts of Glen Carbon.
Robert Lee Mathes of Bowling Green, Ky., and Sharon Jane Stout of Glen Carbon.
Donald Dale McCoy and Judy Ann Colyer, both of Granite City.
Christopher Andrew McGovern and Elizabeth Payne, both of Collinsville.
Jason Alan Naney and Dawn Michelle McIntosh, both of Granite City.
Clayton Douglas Naugle of Edwardsville and Sheryl Marie McCormick of Granite City.
Robert Michael Paul and Jacqueline Marie Papp, both of Granite City.
Bradley Allen Peppers and Katherine Elaine Jacobs, both of Granite City.
Christopher Lee Proffitt and Charlotte Lee Burks, both of Granite City.
Richard Alan Squires of Granite City and Billie Jo Brooks of Alton.
Dale Leon Walcher of Freeburg and Gloria Ann Markovic of Collinsville.
Christopher James Wallace and Tammy Lynn Sherry, both of Granite City.
Thomas Larry Waller and Jamie Lynn Sidwell, both of Granite City.
Patrick Aaron Welch and Stephanie Lynn Miller, both of Windsor.
Paul Joseph Willhoft of St. Louis and Rebecca Ann Vartan of Granite City.
David Eugene Withrow of Collinsville and Amy Lynn Prill of Granite City.
Orlando Woolfolk Sr. of Madison and Deborah Lewis Mitchell of Alton.
Jerome Steven Yoka and Shawna Lynn White, both of Granite City.

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and visit our website @ www.sehs.com

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Calendar

Continued from Page 9B

CHOUTEAU TOWNSHIP SENIOR CITIZENS, meets the fourth Thursday of each month, 6 p.m., Potluck, Social Center, 906 Thorngate Drive, Mitchell.

EAGLE PARK ACRE SENIORS OF MADISON meet every Thursday from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

FREE SENIOR CITIZEN EXERCISE CLASS, 9 a.m., every Thursday, Anchorage Recreation Center, 2909 Edwards.

FRIDAY AFTERNOON PINOCCHIE CLUB for seniors 55 and over meets 12:30 p.m. every Friday at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

GRANITE CITY SENIOR SOCIAL CLUB meets at the Nelson Hagnauer Township Hall, Doors open at 6 p.m. April 27 for the next dance. For information, call 877-1215.

Support Groups

THE CHURCH OUTREACH meets 7 to 9 p.m. every Wednesday night at True Fellowship M.B. Church, 1641 3rd St. in Madison. The CHURCH is an outreach program designed to support its community in the struggle with drugs and alcohol. All meetings are confidential. For more information, call 877-TRUE.

PULMONARY SUPPORT GROUP, for persons with diagnosed lung condition, 11 a.m. to noon every Wednesday in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-5019.

AL-ANON, 9:30 a.m. every Monday, 2116 Edison (back door) in Granite City. Call 463-2429.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m. every Wednesday, 2116 Edison, Granite City, (800) 307-6600.

ALANON ADULT CHILDREN meets at 7 p.m. every Wednesday at St. Elizabeth Medical Center, 2100 Madison Ave. and the Kettler Center Conference Room A. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS, 8 p.m. every Wednesday, St. Elizabeth Medical Center, 2100 Madison Ave. and the Kettler Center Conference Room A. Call 463-2429.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m. every Thursday, and noon and 8 p.m. every Friday at 2116 Edison, Granite City, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m., every Thursday, Presbyterian Church, Mitchell, (800) 307-6600.

ALANON, 7 p.m. every Thursday, St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Day Care Room C. Call 463-2429.

ALCOHOLICS ANONYMOUS, 8 p.m. every Saturday and 1:30 and 8 p.m. every Sunday at 2116 Edison, Granite City, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m. every Sunday, St. Elizabeth Medical Center, Granite City, (800) 307-6600.

ALTEAN AND PRELATEAN PROGRAM for 12 to 17 age group, and prelatean for seven to 11 year age group, now meets at 7 p.m. every Thursday at St. Elizabeth's Medical Center, 2100 Madison in the Kettler Center C Dayroom. For more information call 463-2429.

HEREDITARY ATAXIA (a disorder of nerve cells in the spinal cord and cerebellum) support group meets the second and fourth Friday of each month. Call Curt Williams, 877-5172, for information.

STEMSS (Support Together for Emotional and Mental Sobriety and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets every Friday from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY will meet from 1 to 3 p.m., every Friday, at St. Elizabeth Medical Center, Granite City, in the Miloski Room located in the basement. For more information call the DMDA office at (314) 776-3969.

NARCOTICS ANONYMOUS, Seeking recovery, 8 p.m. every Thursday, 2016 Delmar Ave., 24-hour hotline 388-9409.

NARCOTICS ANONYMOUS, Acceptance, 8 p.m. every Saturday, 2016 Delmar Ave., 24-hour hotline 388-9409.

NARCOTICS ANONYMOUS, Live the

Steps, 8 p.m. every Sunday, 2016 Delmar Ave., 24-hour hotline 388-9409.

ARTHRITIS SUPPORT GROUP, 7 p.m., fourth Monday of each month, Atom Memorial Hospital cafeteria, Room B.

CHEMICAL DEPENDENCY RELAPSE PREVENTION group meets from 6:30 to 8:30 p.m. every Monday at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3604.

NEGLECTED VICTIMS OF CHILD SEXUAL ABUSE, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. every Monday at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

SINGLES CONNECTION events this week are: Meet at 7 p.m. April 22 game night at Imo's in Edwardsville. Bring cards and games. RSVP to Paul, 3252-1731. Meet at 6:30 p.m. April 23 for a movie that the Cottonwood Theater in Glen Carbon. Admission is \$2. Call Paul, 3252-1731. Evening with Emmett Kelly Jr. April 24 at the Miner's Theater in Collinsville. Seats are \$12. Call Betty S. at 344-2791 for more information. Meet at 6:30 p.m. to 12:30 a.m. April 25 at 630 p.m. April 26 at the Edwardsville YMCA Esic Drive for Volleyball, volleyball on a jacuzzi court with a softer ball. Cost is \$3 for three hours of play. Call Paul, 3252-1731 for more information.

OSTOMY SUPPORT GROUP, 2 to 4 p.m., fourth Tuesday of every month, Pascal Hall, main floor, St. Elizabeth Medical Center, 798-5019.

PEOPLE NEEDING PEOPLE (NARCOTICS ANONYMOUS) support group, 7 to 9 p.m., fourth Tuesday of each month Wiseman Room, first floor, St. Elizabeth Medical Center, call Hospice of Madison County, 798-3399.

ALCOHOLICS ANONYMOUS (women only), 8 p.m. every Tuesday, Presbyterian Church, Mitchell, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m., every Tuesday, St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

AL-ANON, 8 p.m., every Tuesday, St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. every Tuesday at the King's House on South 56th Street in Belleville. For more information, call 234-0291.

Summer Showbiz, the annual stock theater program at Southern Illinois University at Edwardsville, will offer two Broadway blockbusters for summer fare this year: Meredith Willson's beloved "The Music Man," and the magical musical "Brigadoon" by Lerner and Loewe.

"The Music Man" will be staged at 7:30 p.m. June 11-14 and 18-21, and at 2 p.m. June 21. "Brigadoon" will be performed at 7:30 p.m. July 9-12 and 16-19, and at 2 p.m. July 19. All performances are in SIUE's Communications Theater.

Willson's tribute to small-town life in the Midwest tells the story of the lovable con man Harold Hill, who comes to River County, Iowa, to make a fast buck by convincing the townspeople he can put together a children's band.

"Brigadoon," with its memorable score and lovely charm, is about two Americans who stumble on a magical town in the hills of Scotland.

Tickets are available through the SIUE Fine Arts box office; call 692-2774.

'What About Me' to describe recovery

The Addictions Service Program at St. Elizabeth's Hospital in Belleville is sponsoring a family education program on the seventh floor of the hospital.

The video, "What About Me" will be shown at 7 p.m.

Wednesday, May 20. This video describes how families experience the challenge of recovery. An opportunity for questions follows this video.

For additional information call St. Elizabeth's Chemical Dependence Program at 618-234-2120, ext 1555

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Horoscope

WEDNESDAY, MAY 20
The sun in practical Taurus continues to favor the luminous moon in ambitious Capricorn. The sun's natural warmth easily melts the emotional chill sometimes associated with the moon in this sign.

TODAY'S BIRTHDAYS (May 20). Helping others is important to you this year, and your goodness will be rewarded next year. It's important to realize how much you give in relationships and then to ask yourself what you get back. Your love life improves drastically in September and October. Your best signs for love are Leo and Pisces. Your lucky numbers are 6, 16, 23, 30, 39 and 52.

ARIES (March 21-April 19). An object of value comes into your possession. Don't let yourself be distracted by day dreams or idle speculation. A purchase turns out to be something different from what you had in mind.

TAURUS (April 20-May 20). Decide once and for all what you can reasonably demand of a loved one. Arrange to discuss possible business inter- ests with a friend. Bright colors are associated with good luck.

GEMINI (May 21-June 21). Use all available information in putting together a report or presentation. A detail left out could end up being more important than it now appears. On-again, off-again romance becomes firesome.

CANCER (June 22-July 22). You are feeling fickle. Ask yourself what you really want. A Sagittarius gives you a piece of his or her mind. A taste of success could give you an appetite for more, more, more.

State Fair goes ethnic

If you dance an Irish jig, sing a good German folk song or cook a mean rice pilaf, the State Fair runs Aug. 14-23 in Springfield.

Located just inside the fair's main gate, the park-like village features an international beer garden, a stage and 14 food concessions. In the past, ethnic food of Turkey, Germany, Italy, the Philippines, France, Mexico, Greece and Jamaica has been featured.

Entertainment is provided from 11 a.m. to 10:30 p.m. daily.

For more information, call Pati Kohlbecker at (217) 782-0772.

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LEO (July 23-Aug. 22). Let yourself be guided by some one who has knowledge, experience and your best interests in mind. A scent or flavor is nostalgic. Aries decides to join forces with you rather than competing.

VIRGO (Aug. 23-Sept. 22). A flat-out answer gets you the respect you are due. Let lovers know that your flirtatious intentions are harmless. Save big by watching where the money goes, but don't skimp on friends or work supplies.

LIBRA (Sept. 23-Oct. 23). New business ideas make a strong foundation. You are on a winning streak when it comes to love, but try not to push your luck. Home-style entertain ment impresses social contacts.

SCORPIO (Oct. 24-Nov. 21). It is easier to communicate with your mate when you both are on neutral territory. Sudden joy, where the money goes, but don't skimp on friends or work supplies.

SAGITTARIUS (Nov. 22-Dec. 21). It is important to keep

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877-5400

close contact with a friend going through a rough period. Shop for fun kitchen accessories. You'll surprise even yourself when you get tough and get results.

CAPRICORN (Dec. 22-Jan. 19). The morning brings inspirations for poetry, composing and dancing. Surprise a lover with sexy ingenuity. A little research reveals a better way to handle a situation with an adolescent.

AQUARIUS (Jan. 20-Feb. 18). A relative of a neighbor or friend could be your new romance. Don't let your own needs and desires take a back seat to those of an inconsiderate person. Avoid delays and confusion by keeping details in order.

PISCES (Feb. 19-March 20). Chances are, you aren't feeling too interested in ordinary matters, so set things up to run as smoothly as they can with out a lot of attention. A Capri corn can provide good compa ny without idle chatter.



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or charge by phone 314-989-8000. Tickets may be subject to a convenience charge.

Mail entries to: Suburban Journals
Deadline June 1

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Drug education film to be presented tonight

St. Elizabeth's Hospital in Belleville is sponsoring a family education program on the seventh floor of the hospital. The video, "What About Me" will be shown at 7 p.m. Wednesday, May 20. This video describes how families experience the challenge of recovery. An opportunity for questions follows this video.

The program is open to anyone from the community interested in learning more about the disease of alcoholism and effects of drug abuse. There is no charge for the program. For additional information call St. Elizabeth's Chemical Dependence Program at 618-234-2120, ext 1555 or 1-800-800-9011. All calls are confidential.

Place a free personal ad, be the center of attention,

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Automotive

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Montero

Montero gets updated styling, simplified equipment

By Tom Strongman

The Montero long has been one of the most luxurious of the sport-utility vehicles. To keep it fresh, Mitsubishi has updated its styling this year and simplified the option packages.

Now it looks aggressive and powerful, with large "blister" over the wheels on both front and rear fenders. This gives character to the flat sides and mimics the race-prepared Monteros that were victorious in the 1997 Dakar Rally. New lights are a part of the package, and their beam pattern and brightness both are terrific.

Even though this seven-passenger SUV is large and rugged, it has the civilized manners of a luxury car, thanks in part to thicker carpeting and more insulation that deadens noise. The 3.5-liter, single-overhead-cam (SOHC) engine is a little short of power right off the mark, but it spins as smoothly as a ball bearing on a piece of glass and whips up to speed quickly. This power plant also is efficient, rated 16 mpg in the city and 19 on the highway — quite good considering the vehicle weighs more than 4,400 pounds.

I appreciated its smoothness on a 250-mile road trip, where it gobbled up the highway with the ease and comfort of a luxury sedan. The front bucket seats have excellent lumbar and lateral support, and held my lower back nicely in place. Initially, the bottom cushions seemed to be too confining, but after sitting on them for a couple of hours their support was appreciated.

There are three rows of seats, and those in the very back fold up flat against the side walls. In this configuration, there is room for luggage as well as five people. The cargo area is quite tall, and has a side-opening back door, which I put to

good use. A 12-volt outlet in the cargo area can power accessories such as air pumps, lights or radios, and a nice tool kit is mounted inside the back door.

The second row seats tumble forward and rest behind the front seats, which does not give a full-length, completely flat load floor.

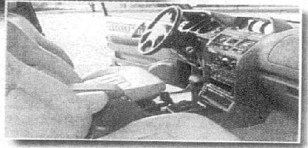
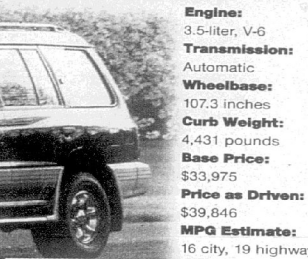
The instrument panel has large gauges and is topped off by dials that include a compass, outside thermometer, volt meter and oil pressure. The radio is mounted fairly low, out of the driver's line of sight, and it has too many tiny buttons. A 10-disc compact disc player was mounted in the back, and the sound from its eight speakers was quite good.

The only cup holder in the front pops out of the console, and it is not big enough for large cups.

The power sun roof is large, but it sits mainly over the back-seat passengers. On the highway, the roof-mounted luggage rack generated quite a lot of wind noise until I slid the forward rail back to the middle of the vehicle where it was out of the air stream.

Our vehicle was equipped with the adjustable shock absorbers that are part of the Premium Package. They have soft, medium and hard settings, but I found them to be too firm in all but the softest position. I would opt to save the \$1,100 that this package costs and go with the standard shocks.

Speaking of prices, Mitsubishi now makes only one version of the Montero, and its base price is \$33,975. Options are grouped into four packages, and the vehicle I drove was equipped with all of them.



That meant it had heated seats, adjustable shock absorbers, leather seats, power driver's seat, compact disc changer and wood-grain trim accents. No wonder it felt like a luxury sedan.

The Active-Trac four-wheel drive system has four modes. For slippery roads, all-wheel drive distributes power between all four wheels for optimum traction. In off-road situations, the center differential can be locked for true four-wheel drive. In really tough conditions, the rear differential also can be locked to eliminate wheel spin.

The anti-lock brakes work in all modes, including low range, which is an important advantage in off-roading.

For folks who want a luxury SUV that is as plush as a luxury car, the Montero bears a look because it is one of the cushiest out there.

The base price of our test car was \$33,975. Options of heated seats, power seats, leather trim, chrome wheels, adjustable shock absorbers, power sun roof, premium stereo with compact disc player, keyless entry and wood-grain trim brought the sticker price to \$39,846.

The basic warranty is for three years or 36,000 miles.

Points & Plugs

Ford gets "A" on '97 industry report card

By Rick Stoff

The country's auto manufacturers graded out "on the curve" on the annual industry report card recently prepared by Automotive Industries magazine. The magazine gave Ford Motor Co. an "A" for its performance in 1997 for "stellar performance in every area but market share." While the company's products are well-received and its financial results are good, Ford's market share dropped 2.3 percent.

General Motors got a "B" for doing "superbly in quality, profit per unit and return on sales," but the teacher-magazine, that is — says GM's market share "is only mediocre."

Chrysler dropped to a "C" grade even though the magazine noted Chrysler had been the teacher's pet in recent years. The magazine said Chrysler had suffered "measurable drops" in return on sales and profit per unit.

Chrysler may have earned itself an "A" for the first quarter of 1998, however. It recently announced a record \$1.05-billion profit for the first quarter. Chrysler's revenues came to \$16.8 billion for the three-month period.

General Motors may be hanging on as a "B" student this year. Its profits for the first quarter came to \$1.6 billion, but that was 11 percent less than it earned a year ago.

Ford turns out to be an apple-polisher, so to speak. Its homework produced a \$1.69-billion profit for the first quarter, a 15-percent increase over last year, even though total sales were 2 percent lower.

Ford is scoring additional points with its finish in the sales rankings for the first half of the 1998 model year. Its full-size F-Series pickup trucks were the best-selling vehicles in the country for the six-month period, according to the trade publication Automotive News. The Ford trucks accounted for 381,260 sales, putting Ford at the top of the list by a huge margin. Sales of the second-place vehicle, Chrysler's full-size pickups, amounted to 286,484 units.

Ford also could boast of the country's best-selling sport-utility vehicle and second-best-selling automobile. Ford sold nearly 195,000 Explorers in the first half of the model year to lead all challengers by a large margin. The Honda Accord led the Ford Taurus in the car race by a score of 267,382 sales to 193,343.

The Ford Ranger was the ninth-best-selling vehicle overall, giving Ford four finishers on the chart of top-10 vehicles. The Honda Civic was fourth in the sales and eighth on the combined vehicle list, giving Honda two places in the top 10. The Toyota Camry was the third-selling car and seventh-selling vehicle.

Chrysler put two of its models in the elite 10. Its Dodge Ram was the third-best-selling pickup and sixth-minivan sales segment and came in 10th overall.

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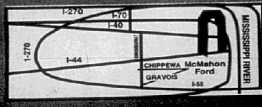
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Suburban Journals
Your Source for Garage Sales. Call 966-FAST or 1-800-766-FAST to place your ad today

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It pays to read the Classifieds!!

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Person to Assist & Homemaker
Needed. Help at home. Immediate opening for responsible person for the elderly. Must have experience in home care. Salary \$12.00 per hour. Apply in person, Mon-Fri, 9am-5pm. 1000 S. Main, St. Louis, MO 63103. Phone: 314-241-1000.

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\$320 STARTING

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- Medical/Dental/Ins.
- M.F. Only
- PT Positions Also

If you want a job, call now and start tomorrow.

314-918-9498

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Need Cash?

Classified brings more buyers into focus than any other medium!

Northwest Plaza area
291-2748

Crestwood Plaza area
842-3688

CALL 821-1555 TO PLACE YOUR AD IN THIS SECTION!

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equal opportunity employer

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Employment

Now in session

Court reporters do more than work in courtroom

By Steve Bryan

Although lawyers and judges look like the most important people during a trial, court reporters provide an invaluable service. They produce an accurate, written record of every word spoken at a trial.

"We use a shorthand machine which is connected via a cable to a computer," said associate professor Judy Larson, coordinator of the Court Reporter Program at St. Louis Community College at Meramec.

"As the court reporter writes in steno, the computer translates it into English. Attorneys can get instantaneous transcripts, what we call 'real-time translation.' The judge has a computer screen in front of him and so do the lawyers," she said.

Because their work turns spoken words into written text, court reporters must have good English skills and an excellent vocabulary. They must also learn to type everything else out and stay focused on what they are typing.

Only a certified court reporter (CCR) is allowed to work in a Missouri courtroom. To become certified, an applicant must pass a licensing exam that is administered through the Supreme Court of Missouri.

The licensing exam tests three transcription skills. Applicants must take down 225 words per minute of testimony, 200 words per minute of medical testimony and 180 words per minute of opening statements and closing arguments.

To get their license, a court reporter must successfully demonstrate these three skills in addition to passing a written knowledge test.

Working as a court reporter does not necessarily mean just working in the courtroom, however. Some, for example, work out of their homes as independent contractors. A lawyer might request that a court reporter come to his office to take a deposition and produce a written copy.

"Our graduates are also trained to go into a classroom with a student who is hard-of-hearing or deaf," Larson said. "They sit next to the student and, as the teacher is lecturing, they take her words down in shorthand, which is reproduced on a computer screen that they can read."

"Our reporters also have the ability to caption a convention or conference or seminar for people



Instructor Judy Larson watches Penny Mullen and Melissa Annitto work on their court reporting skills. They are typing on a shorthand machine that translates their notes into English on the computer screen.

who are deaf. This helps them participate and makes them feel more a part of what's happening," she said.

Over the last several years, more and more television shows and movies have been "closed-captioned" by people trained as court reporters. With the aid of a special converter box, hearing-impaired people can read the spoken dialogue.

"Due to FCC regulations, within an eight-year

time span, 99 percent of all shows, local and national, will have to be captioned. For news reports, we do the captioning live during the broadcast," Larson said.

Opportunities, therefore, are quite plentiful for anyone interested in working as a court reporter. Even with computers becoming faster and more efficient, Larson doesn't see any shortage of work for court reporters in the future.

Employee leasing helps companies compete

By Steve Bryan

When considering job offers from different companies, the benefit package offered by each can weigh heavily in the decision. Smaller companies, however, typically cannot provide as many benefits as larger corporations.

"It is very expensive to keep an employee," said Dave Brinker, executive vice-president and co-owner of the Varsity Group, 14220 Ladue Road. "If your gross salary is \$100,000, your cost to the company could go as high as \$130,000."

"Let's say you own a company with 50 people. You have to pay them, withhold taxes and report taxes. You are responsible to do that and provide benefits such as health and dental insurance, a 401k plan and life insurance," he said.

The organizations that supply these benefits to companies offer volume discounts to large corporations while smaller to mid-sized companies tend to pay more for their benefits.

To stay competitive, some companies make use of a technique called "employee leasing." A professional employer organization (PEO) such as the Varsity Group "employs" the staffs of other companies.

Employee leasing is the outsourcing of payroll and all payroll tax reporting functions and the liability associated with an employee," Brinker said. "We provide the human resource function, what you would see in any large corporation."

"In essence, we become the employer of record for payroll and benefits functions," he said. "Clients contract with the Varsity Group and, because of our purchasing power in regards to benefits, we're able to pass the savings along to them."

Employment laws also change on a regular basis. Companies must stay on top of new legislation such as the Family Leave Act or regulations about workers with disabilities.

"A company of 10 to 15 employees will not be able to set aside the resources to hire a human resources manager," Brinker said. "If they're focusing on legal matters, the amount of product being produced declines and profits to down."

"We provide that human resource expertise. We relieve them of that burden and let them focus on their business," he said.

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ACTIVITY DIRECTOR: Metro-East area hospital seeking a full time Activity Director for Residential Care Unit/Education Department. Qualified candidates must have experience in developing activities in Skilled Care setting. To apply, send resume or contact the:

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Sunday Crossword Puzzle

Edited by Joyce Nichols Lewis

"CHERCHER LA" 98 Hardest to find
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 102 Curvy road sign
 103 "The African Queen" screenwriter
 104 Movie of 1912
 105 "The Godfather" director
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There are no coincidences with God

Two separate events that are linked by a common occurrence.

"I was just thinking about you, too."
"You read my mind."
"I had my hand on the receiver to call you when you rang."

"Your letter came in the mail... when I needed you so much."

Unbelievable events happening all the time. Fate? Chance? There are no coincidences with God. It's just His perfect timing.

Each and every "coincidence" is really a plan from God telling us that He is in the midst of everything we do. Things do not happen by pure chance, they happen for a definite reason to let you know that God is in control. He loves you and watches over every minute detail of your life. He will never let you down.

There is such a thing as divine timing. I like to call it "destiny." When you are in the right place at the right time. These encounters have happened in all of our lives. Mysterious happenings that occur quickly and bring forth new and important directions for our lives. Remember when you almost didn't go to that meeting... something edged you forward and there you were inspired to begin your dream job? How about when you changed your plans and went somewhere else and met your soul-mate? Were these accidental, chance occurrences?

A New You



Catherine Galasso

God has a miraculous and wonderful plan for you, an amazing individual with magnificent ability, talent and character. If you have a hunch about a situation, follow that feeling. Usually it is correct.

The answers to many of life's questions "come from within you. Ask the questions and listen to the answers. Get alone, in a quiet place and pay attention to your inner leading."

I like to listen to music or take a long drive to stimulate my thoughts," says Adam Radisch of Hamden.

Use your God-given intuition. Be aware of this power that is built within each of God's children. Be alert and stay in tune to His voice. "And your ears shall hear a word behind you saying, 'This is the way, walk in it.'" Isaiah 30:21

Our life is guided by a series of divine notices. Listen to the advice of a mentor. Be receptive to their suggestions. A soft-spoken word, inspiration from a friend or the touch of a

loved one can help as you walk on the day to day path of life. British poet Samuel Taylor Coleridge said, "Chance is but the pseudonym of God for those particular cases in which He does not choose to acknowledge openly with His own signature."

Being aware of these occurrences will help you endure and prevail over hardships. Many a time you are challenged with a subtle happening and sits back and watches how we handle it. Because He has given us this power to choose, during these tests, how we react is so important and determines often the future course of our lives. Use wisdom. Wait until all emotions subside for our destiny lies in the balance.

Is it "chance" that you have read this column today? This meeting between you and I, dear reader? I think not. God has allowed this to face you today, to put you on the right track, to lift you above the world-bound way of thinking. Reminding you that you are His creation. He is your guide and He has plans for you, plans for good success in everything you do.

Catherine Galasso is a freelance columnist for the *Suburban Journals*. You may write to her at *Suburban Journals*, 1714 Deer Tracks Trail, St. Louis, 63144 or by e-mail at westnews@primary.net.

Public safety

Belleville Area College recently held a graduation ceremony for Session 68 of the Police Academy. Linda J. Doerge, left, receives her graduation certificate from Kenneth Joseph, a member of BAC's Board of Trustees. Doerge, who won the award for best notebook, is the director of public safety for BAC's Granite City Campus.

IN SERVICE

Marine Pvt. COREY SHEPARD has successfully completed initial training at Marine Corps Recruit Depot in San Diego, and will next train at Camp Pendleton.

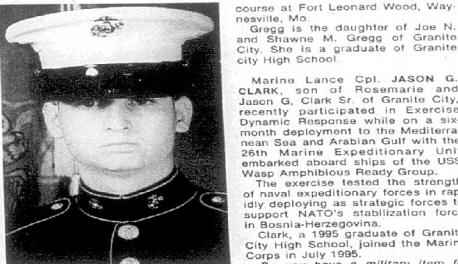
Shepard is the son of Jim and Andrea Shepard, and the grandson of Eva and Willis Shepard and Mary Thebeau. He is a graduate of Granite City High School and joined the Marine Corps in December 1997.

Marine Pfc. ANTHONY BROYLES, son of Anthony Broyles of Granite City, recently was promoted to his present rank while serving with Headquarters and Service Battalion, Marine Corps Development Center, Quantico, Va.

Broyles is a graduate of Granite City High School and joined the Marine Corps in June 1997.

Army National Guard Pfc. DANIEL J. ESSINGTON has graduated from the motor transport operator course at Fort Leonard Wood, Waynesville, Mo.

Essington is the son of John G. and Laura A. Essington of Granite City. He is a graduate of Granite City High School.



Pvt. Corey Shepard

Army National Guard Pfc. NATASHA L. GREGG has graduated from the motor transport operator course at Fort Leonard Wood, Waynesville, Mo.

GREGG is the daughter of Joe N. and Shawna M. Gregg of Granite City. She is a graduate of Granite City High School.

course at Fort Leonard Wood, Waynesville, Mo.

Gregg is the daughter of Joe N. and Shawna M. Gregg of Granite City. She is a graduate of Granite City High School.

Marine Lance Cpl. JASON G. CLARK, son of Rosemarie and Jason G. Clark Sr. of Granite City, recently participated in Exercise Dynamic Response while on a six-month deployment to the Mediterranean Sea and Arabian Gulf with the 26th Marine Expeditionary Unit embarked aboard ships of the USS Wasp Amphibious Ready Group.

The exercise tested the strength of naval expeditionary forces in deploying as strategic forces to support NATO's stabilization force in Bosnia-Herzegovina.

Clark, a 1995 graduate of Granite City High School, joined the Marine Corps in July 1996.

Do you have a military item for this column? The *Press-Record-Journal* particularly wants pictures of your loved ones in action where they are serving. If possible, do not send the only copy you have of a picture.

EVENTS CALENDAR

Community

VOLKSMARCH MARCH FOR PARKS is scheduled for today, Sunday, April 26, at the Chain of Rocks Bridge. Five-kilometer and 10-kilometer recreational walks (Volksmarch) are planned, or participants may just walk the bridge. Start between 8 and 10 a.m. on the Missouri side of the bridge on Riverview Boulevard, and walkers must be off the bridge by 1 p.m. Fees are \$5 and \$10 for those wanting UV credit.

ST. ELIZABETH SCHOOL will be having its Fourth Annual Trivia Night May 16, 8 p.m. to 10 p.m., with the event beginning at 7. Six-person teams can reserve a table by calling Dawn at 797-0157 or Kathy at 477-6245. Cost is \$60 per team in advance or \$72 per team at the door. Price includes food, snacks and beer. The event includes trivia, attendance prizes and raffles. Players may bring their own food and drinks.

The Granite City Jaycees are hosting a **BENEFIT CHICKEN AND BEER DANCE FOR SARAH KENNELLY**, and have joined together with the 3rd Degree Knights of Columbus, the 4th Degree Knights of Columbus, the Columbus Home Association and the Kronten Chess Lions.

The benefit is set for 7 p.m. to midnight May 2 at the Columbus Hall, 4225 Old Alton Road in Granite City.

Donations of food, merchandise, and auction and music by Jeff and Lori are all offered. Tickets are \$10 each.

For more information on the benefit, call the Jaycees at 877-4250.

Music/concerts

The **METRO EAST JUNIOR PHILHARMONIC ORCHESTRA** will hold its final concert of the season at 3 p.m. May 3.

"The Notes of Spring," directed by Dr. Leon Burke III, will be at First Baptist Church, 1111 E. Highway 50.

The program will include "Concerto in G Minor" by Marcello with Sameer Krishna on piano, "Concerto in G Minor" by Heide Van Driel as pianist, "Berceuse" by Brahms, and "Carnegie" selections by Lerner and Lowe, arranged by R. Russell Barnett.

The String Chamber Orchestra will perform "Capitol Suite" by Vivaldi.

For more information, call 364-1363 or 277-1504.

Russians seek American know-how

11 from former Soviet Union visit St. Louis area construction firms

By Allyson McCollum
Staff writer

Russia's age surpasses that of the United States by centuries, but Americans are elder statesmen when it comes to the free market system.

During the past month, a group of 11 Russians has been visiting local businesses to take advantage of this knowledge. The group will head home Thursday. The Russians came to St. Louis to hear about the local construction industry and were hosted by the Kirkwood Rotary Club.

The visit was part of a program run by the Center for Citizen Initiatives. The San Francisco-based organization puts together learning trips for Russians in fields as varied as cheese making and furniture manufacturing.

On Friday the Russians visited a newly constructed building that will house Educare, an early childhood education program based in the Meacham Park area of Kirkwood. They had already visited design firms, training schools for carpenters and iron workers, various construction companies, architectural firms and contractors.

"After a month of doing this, their energy level is beyond my comprehension," said Tom Riggs, a Rotarian and general contractor.

During the tour Riggs — who built the Educare facility — discussed the construction materials, how the building will be used and how the construction was funded. After each statement he paused while an interpreter repeated the information in Russian to the guests, who listened

"We got a wonderful opportunity to see and to watch the life of Americans, not from a window of a luxurious hotel, but living with American families."

Sergey Tamakulov
Russian visitor

intently to both the English version and the Russian translation.

Tatiana Gudovitcheva, 46, is on her first trip to the United States. She works for a construction company owned by her husband.

Gudovitcheva was surprised at the cleanliness of St. Louis, which she attributed to private ownership of land and buildings. Another surprise was the friendliness of those she encountered there.

"People smile at each other, and they greet us, although they do not know who we are," Gudovitcheva said.

Zina Generalova, the group leader, said those in the group initially looked behind them when someone on the street smiled at them, because they didn't think the greeting was meant for them.

In addition to encountering Americans on the street, the visitors participated in

Rotary luncheons and stayed in American homes. This taste of American life was an aspect of the trip appreciated by Sergey Tamakulov.

"We got a wonderful opportunity to see and to watch the life of Americans, not from a window of a luxurious hotel, but living with American families," he said.

Tamakulov had visited New York before, and said he fostered the project in St. Louis more open and friendly. He was most surprised with the honesty of the businessmen and women.

Tamakulov said. The businessmen and women answered questions willingly and weren't afraid to criticize their own past efforts, he said.

Gudovitcheva was most interested in learning how American companies work with their clients.

"Every day I watch his face, and there is a reflection of all the problems he is trying to solve," Gudovitcheva said of her husband. "Every morning he wakes up and says, 'I am ready for a new day.'"

This was Generalova's 11th trip to the United States. Meeting people like Gudovitcheva and her husband helps her feel optimistic about Russia's future, she said.

"There are people in Russia whom you can rely upon, who are knowledgeable," she said. "There are very many skeptics in Russia, but I know we have these people."

down," Martha said. "So, I thought this would definitely be appropriate."

The placement of the bench, which has actually been in place since November, is an inside joke between the two sisters, who shared a home in Bridgeton.

"It's halfway between the handicapped parking spot that Mary used and the women's restroom where she spent a lot of time," Martha joked.

In addition to the dedication, there will be a dance performance by the Love on a Leash Canine Drill Team, whose members are mostly women, numbers with some of the organization's dogs.

Originally, Martha wanted the ceremony to be private, but she encouraged her sister to open the event to the public. The event will bring together the more than 200 people who contributed to Mary's memorial fund.

"We have heard from a lot of people who plan to be there," Martha said.

Park bench dedicated to woman, dog

By Greg Uptain
Staff writer

The saying claims that a dog is man's best friend.

Nowhere will that be more evident than Sunday when a park bench dedication ceremony will be held for a deceased woman and her beloved dog.

The St. Louis chapter of Love on a Leash will dedicate a park bench erected in memory of its late member Mary Murphy and her golden retriever, Simon.

The ceremony is scheduled for 2:15 p.m. Sunday at James S. McDonnell Park on Adie Road in St. Ann.

Love on a Leash is an all-volunteer, non-profit pet therapy group. Its animals regularly visit area schools and hospitals to be petted as therapy.

"They are a fabulous group of people," said Martha Murphy, Mary Murphy's sister. Mary and Martha ran the non-profit

group the Canine Connection for several years. Martha had to disband the group when Mary died.

"She was the heart and soul of the organization," Martha said.

Simon was placed with Mary, a long-time kindergarten teacher at Baden Elementary in St. Louis, after she developed a heart condition six years ago.

After Mary died on Jan. 21, 1997, Simon became depressed about his owner, led to Simon's death three months later.

Martha said Mary wasn't real big on flowers, so in lieu of them Martha asked for donations to Love on a Leash. When it was suggested that a tree should be planted in Mary's memory, she remembered her sister's aversion to flowers and tried to think of something more suitable.

That's when Martha got the idea from the St. Louis County Parks Department to erect a bench for her sister.

"She always appreciated a place to sit

MILESTONES

Norma Darnell celebrates a birthday today, April 20.

Kathy Schmidtke celebrates a birthday today, April 26.

Donna (Linda) May celebrates a birthday today, April 26.

Mary Sanders celebrates a birthday today, April 26.

Michael David Ostirich celebrates a birthday today, April 26.

Elaine Thiek celebrates a birthday today, April 26.

Janet Jackopin celebrates a birthday today, April 26.

Ed Hoover celebrates a birthday April 27.

Monnie "Bud" celebrates a birthday April 27.

Tim Long celebrates a birthday April 27.

Audrey Haynes celebrates a birthday April 27.

Buddy Proznma celebrates a birthday April 28.

Ann Coleman celebrates a birthday April 28.

Jim Schieb celebrates a birthday April 28.

Steve Laub celebrates a birthday April 29.

Angela Kaye McMasters celebrates a birthday April 29.

Matt and Patty Shemwell celebrate their wedding anniversary April 29.

Steven Wright celebrates a birthday April 29.

Alan Crowley celebrates a birthday April 29.

Jason Podiet celebrates a birthday April 29.

David Finke celebrates a birthday April 30.

Keneth Kube celebrates a birthday April 30.

Steve Christopher celebrates a birthday May 1.

Jaime Nichole Mertz celebrates a birthday May 1.

Lee Sloan celebrates a birthday May 1.

Tracy Caffrey celebrates a birthday May 1.

Mike Vrabec celebrates a birthday May 1.

Lester White celebrates a birthday May 2.

Ronald "Bud" Robertson celebrates a birthday May 2.

Gail Joyce celebrates a birthday May 2.

William Medley celebrates a birthday May 2.

To submit an item to Milestones or delete an entry, send a postcard to "Milestones," Granite City Journal, 1815 Delmar Ave., Granite City, Ill. 62040.

Please notify the paper if a person listed in Milestones has passed away or no longer wishes to be listed.

YMCA searching for interested lifeguards

Are you considering employment as a lifeguard? There will always be a need for qualified lifeguards, particularly part-time employees during the summer months.

The YMCA of Southwest Illinois will teach the National YMCA Lifeguard Course at the Downtown Belleville YMCA Center, May 11 through May 20. Weekend classes will be held 6-10 each evening. Week-end classes will be noon-6 p.m. and 3:15-8:30 p.m. Participants must be accomplished swimmers and at least 16 years old by the course completion date.

The course includes classroom instruction and practical work in personal safety, lifeguard techniques, first aid and CPR certification.

An advanced aquatic safety course will be held at the same time for children who are at least 11 years old.

Early registration is strongly recommended. Call (618) 233-1943 for additional information.

Free trees

Ten free shade trees will be given to each person who joins the National Arbor Day Foundation during April as part of the Trees for America campaign.

The 10 shade trees are red oak, sugar maple, weeping willow, green ash, black locust, yellow locust, pin oak, river birch, tulip tree, silver maple and red maple. The trees will be shipped postpaid at the right

time for planting in April or May with enclosed planting instructions. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

To join the foundation to receive free trees, send a \$10 contribution by April 20 to National Arbor Day Foundation, 1601 Arbor Ave., Nebraska City, Neb. 68410.

